

Buffets Inc. Nutrition Information
Dessert Items

Subject to change without notice.
Items vary daily.

Menu Item	Serving Size, grams	Calories	Calories from Fat	Fat, grams	Saturated Fat, grams	Trans Fat, grams	Cholesterol, milligrams	Protein, grams	Carbohydrate, grams	Total Sugars, grams	Fiber, grams	Sodium, milligrams
Apple Crisp	94 (1 spoon)	150	30	3	0.5	0.5	0	<1	32	26	1	85
Apple Spice Cake	63 (1 piece)	180	60	7	1	1	25	3	26	18	0	210
Banana Nut Cake	74 (1 piece)	270	110	12	2.5	1	45	2	37	27	<1	190
Banana Pudding	90 (1 spoon)	150	50	5	1	1	0	1	24	15	<1	120
Banana Split	175 (1 banana split)	340	50	6	2.5	0	5	3	58	45	3	65
Black Forest Cake	60 (1 piece)	150	50	6	1	0.5	30	3	20	10	0	200
Bread Pudding	100 (1 spoon)	180	60	7	3	0.5	90	4	27	18	<1	160
Butterfinger® Pieces	15 (1 spoon)	70	20	2.5	1.5	0	0	1	11	8	0	35
Butterscotch Brownie	38 (1 brownie)	170	80	9	2	1.5	25	2	20	14	0	210
Butterscotch Topping	41 (2 Tbsp)	130	0	0	0	0	0	0	31	14	0	105
Cappuccino Cake	65 (1 piece)	180	90	10	4.5	0	35	3	18	14	0	210
Caramel Apple Crisp	95 (1 spoon)	170	40	4.5	1	0.5	0	<1	32	26	1	95
Carrot Cake	64 (1 piece)	240	110	12	2.5	1	35	2	29	22	<1	220
Cheesecake	80 (1 piece)	230	110	12	6	1	5	3	28	22	0	280
Cheesecake, Cherry	90 (1 piece)	240	110	12	6	1	5	3	30	22	0	280
Cherry Cobbler	100 (1 spoon)	210	80	9	2	2	0	1	32	7	1	100
Cherry Crisp	94 (1 spoon)	160	30	3	0.5	1	0	1	32	12	1	60
Chewy Bears	20 (9 pieces)	60	0	0	0	0	0	1	15	14	0	10
Chocolate Cake	60 (1 piece)	180	70	8	1.5	0.5	30	3	25	9	0	210
Chocolate Chess Pie (scratch)	86 (1 slice)	350	140	15	8	0	80	3	51	25	1	250
Chocolate Chip Cookie	26 (1 cookie)	130	50	6	2	0	5	1	18	9	1	70
Chocolate Chip Cookie Bar	65 (1 bar)	290	120	13	4	2.5	25	3	39	26	1	230
Chocolate Chip Cookie Pizza	35 (1 slice)	160	70	8	3	2.5	0	1	21	12	1	130
Chocolate Chips	15 (1 spoon)	90	50	5	4	0	0	0	10	9	0	0
Chocolate Cookie Pieces, Crushed	8 (1 spoon)	35	10	1.5	0	0	0	0	6	3	0	20
Chocolate Cream Pie	64 (1 slice)	180	80	9	4.5	1	0	2	24	15	<1	120
Chocolate Decadence Cake	64 (1 piece)	220	90	10	4	0.5	35	4	30	14	0	250
Chocolate Haystacks	31 (1 piece)	160	70	8	4	0	0	3	19	11	2	90
Chocolate Marble Cake	60 (1 piece)	190	70	8	2	0.5	25	2	26	19	<1	190
Chocolate Pudding	90 (1 spoon)	120	40	4.5	1	1.5	0	1	19	15	<1	100
Chocolate Syrup	39 (2 Tbsp)	100	0	0	0	0	0	0	25	18	1	70

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Coconut Cream Pie	64 (1 slice)	240	110	12	10	0	0	2	24	16	1	210
Cone, Ice Cream	4 (1 cone)	15	0	0	0	0	0	0	3	<1	0	15
Cookies and Cream	70 (1 piece)	290	140	16	9	0.5	0	2	35	27	0	190
Crispy Rice Bar-Chocolate Drizzle	33 (1 bar)	130	30	3	1	0	0	1	25	13	0	125
Crispy Rice Bar-Sprinkles	32 (1 bar)	120	20	2	0.5	0	0	<1	25	12	0	120
Crispy Rice Bar-Fun E Chips	32 (1 bar)	120	20	2	0.5	0	0	<1	25	12	0	120
Crispy Rice Bar	32 (1 bar)	120	20	2	0	0	0	<1	24	12	0	120
Crushed Pineapple	32 (1 spoon)	25	0	0	0	0	0	0	6	5	0	0
Cupcakes												
<i>Black Forest Cupcake</i>	90 (1 cupcake)	230	80	9	2.5	0.5	50	3	36	23	1	240
<i>Caramel Topped Cupcake, all varieties</i>	90 (1 cupcake)	310	140	16	4	2	60	4	38	29	0	280
<i>Chocolate Cupcake</i>	90 (1 cupcake)	280	110	12	3	0.5	50	3	41	31	1	250
<i>Peach Cupcake</i>	90 (1 cupcake)	260	120	13	3	1.5	55	3	33	22	<1	260
<i>Rocky Road Cupcake</i>	90 (1 cupcake)	310	140	16	4	2	60	4	38	29	0	280
<i>White Cupcake, decorated</i>	90 (1 cupcake)	310	140	16	4	2	60	4	38	29	0	280
Decorated Cookie	27 (1 cookie)	120	50	5	1	2	0	1	17	10	0	55
Dessert Pizza	47 (1 slice)	110	40	4	1	1	0	1	17	12	<1	45
Dutch Apple Cake	80 (1 slice)	230	80	9	2	2	20	3	36	24	1	240
Flurries, vanilla soft serve-no mix-ins	174 (8 fl oz)	260	90	10	6	0	20	6	40	28	0	130
Fudge	10 (1 piece)	40	10	1.5	0.5	0.5	0	0	7	6	0	10
Fudge Brownies	56 (1 brownie)	200	50	6	1.5	0	0	2	34	27	2	145
Fun E Chips	15 (1 spoon)	80	30	3	2	0	0	0	12	11	0	0
German Chocolate Cake	80 (1 piece)	270	120	13	3	1	40	4	35	19	1	250
Heath® Bar Bits	15 (1 spoon)	80	50	5	2.5	0	0	0	9	9	0	50
Honey Nut Topping	28 (1 spoon)	170	110	12	2	0	0	5	9	5	2	125
Hot Fudge Sundae Cake	86 (1 spoon)	160	30	3	1	1	0	2	33	24	1	250
Hot Fudge Topping	37 (2 Tbsp)	120	20	2.5	0.5	0.5	0	1	22	16	<1	75
Iced Decorated Cookie	42 (1 cookie)	190	80	9	2.5	2.5	5	2	25	19	0	75
Key Lime	60 (1 piece)	170	100	11	7	1	0	1	16	11	0	125
Key Lime Pie (scratch)	75 (1 slice)	220	80	9	4	0	50	5	31	23	0	130
Ko Ko Bits	15 (1 spoon)	70	30	3.5	0	0	0	0	10	10	0	<5

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Lemon Bar	68 (1 bar)	190	40	4.5	1	0.5	70	3	35	27	0	85
Lemon Cake	60 (1 piece)	190	90	10	2.5	1.5	30	2	24	18	0	190
Lemon Cream Pie	64 (1 slice)	170	40	4	1.5	1	25	3	32	26	<1	130
Lemon Pie (scratch)	106 (1 slice)	220	80	9	3.5	1	0	1	35	24	0	300
Lemon Meringue Pie	60 (1 slice)	130	40	4.5	1.5	0	0	2	23	12	<1	140
Malted Milk Balls, Ground	15 (1 spoon)	70	30	3	2.5	0	0	0	11	9	0	40
Maple Walnut Cake	63 (1 piece)	240	140	15	3	1.5	30	3	24	18	<1	190
Nestle® Crunch Pieces	15 (1 spoon)	80	40	4	2.5	0	0	<1	10	8	0	20
Oatmeal Raisin Cookie	26 (1 cookie)	120	50	6	2	0	5	2	16	8	1	85
Orange Dreamsicle	89 (1 piece)	240	100	11	7	1	10	3	33	28	<1	130
Peach Cobbler	100 (1 spoon)	210	70	8	2	2	0	1	33	10	1	95
Peanut Butter Cookie	26 (1 cookie)	120	50	6	1.5	1	0	2	14	8	1	150
Peanut Butter Mocha	52 (1 piece)	230	140	16	8	0.5	0	3	21	8	2	200
Pecan Pie	74 (1 slice)	310	170	19	4	2	50	3	33	18	1	230
Pumpkin Pie	92 (1 slice)	200	100	11	6	0	35	3	23	14	1	240
Reduced Sugar Apple Pie	116 (1 piece)	230	120	13	3	3	0	3	28	10	2	160
Reduced Sugar Banana Cream Pie	91 (1 piece)	180	100	11	8	1	0	2	20	4	1	150
Reduced Sugar Chocolate Cream Pie	79 (1 piece)	190	110	12	9	1.5	0	2	19	1	<1	260
Reduced Sugar Pie-Cherry	95 (1 piece)	170	90	10	7	1	0	2	18	2	0	330
Reduced Sugar Pie-Lemon	95 (1 piece)	170	90	10	7	1	0	2	18	2	0	330
Reduced Sugar Pie-Lime	95 (1 piece)	170	90	10	7	1	0	2	18	2	0	330
Reduced Sugar Pie-Orange	95 (1 piece)	170	90	10	7	1	0	2	18	2	0	330
Reduced Sugar Pie-Raspberry	95 (1 piece)	170	90	10	7	1	0	2	18	2	0	330
Reduced Sugar Pie-Strawberry	95 (1 piece)	170	90	10	7	1	0	2	18	2	0	330
Reduced Sugar/Calorie Choc Pudding	86 (1 spoon)	70	10	1	0.5	0	5	4	12	4	<1	360
Reduced Sugar/Calorie Vanilla Pudding	86 (1 spoon)	40	10	1	0.5	0	5	3	5	4	0	65
Rocky Road Pudding	90 (1 spoon)	160	50	6	1.5	1	0	2	27	19	<1	135
Scotcheroo	39 (1 bar)	180	60	7	2.5	0	0	3	27	17	<1	110
Seven Layer Bar	58 (1 bar)	220	80	9	4	0	<5	4	32	26	1	135
Snickerdoodle Cookie Pizza	48 (1 slice)	180	80	9	4.5	2	2	1	22	14	0	70
Snickerdoodle Cookie	26 (1 cookie)	120	50	5	1	2	0	1	17	10	0	55

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Soft Serve, Chocolate	87 (4 fl oz)	120	30	3	2	0	10	2	21	17	<1	85
Soft Serve, Vanilla	87 (4 fl oz)	130	50	5	3	0	10	3	20	14	0	65
Sprinkles	15 (1 spoon)	70	20	2	1.5	0	0	0	13	11	0	0
SS Froz Yog, Nonfat Orange Sorbet	89 (4 fl oz)	90	0	0	0	0	0	0	22	19	0	0
SS Froz Yog, Nonfat, NutraSweet®, Vanilla	89 (4 fl oz)	80	0	0	0	0	<5	4	16	6	0	80
Strawberry Marble Cake	63 (1 piece)	200	90	10	2.5	1.5	30	2	26	20	0	200
Strawberry Mousse Cake	74 (1 piece)	190	100	11	7	1.5	0	1	22	16	<1	135
Strawberry Topping	39 (2 Tbsp)	60	0	0	0	0	0	0	15	14	0	10
Sugar Free Ranger Cookies	20 (1 cookie)	90	50	5	2	1	0	1	10	0	<1	100
Supreme Cake	70 (1 piece)	190	70	8	2	1	30	2	26	16	0	190
Sweet Potato Pie	71 (1 piece)	280	160	18	4.5	1	30	3	26	15	<1	140
Tapioca Pudding	90 (1 spoon)	120	30	3.5	1	0	0	2	20	13	0	130
Tres Leches	90 (1 piece)	250	140	15	8	0	50	4	25	21	0	160
Turtle Brownie	40 (1 brownie)	130	30	3.5	1	0	0	2	23	15	1	130
Vanilla Pudding	90 (1 spoon)	130	50	5	1	1.5	0	1	20	16	0	130
Whipped Topping	21 (1 spoon)	60	50	5	4.5	0	0	0	3	3	0	20



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