

**Buffets Inc. Nutrition Information**  
**Dessert Items**

Subject to change without notice.  
Items vary daily.

Menu Item	Serving Size, grams	Calories	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	3	0.5	0.5	0	<1	32	26	1	85
Apple Spice Cake	63 (1 piece)	180	7	1	1	25	3	26	18	0	210
Banana Nut Cake	74 (1 piece)	270	12	2.5	1	45	2	37	27	<1	190
Banana Pudding	90 (1 spoon)	150	5	1	1	0	1	24	15	<1	120
Banana Split	175 (1 banana split)	340	6	2.5	0	5	3	58	45	3	65
Black Forest Cake	60 (1 piece)	150	6	1	0.5	30	3	20	10	0	200
Bread Pudding	100 (1 spoon)	190	8	3	1	80	4	27	15	<1	180
Butterfinger® Pieces	15 (1 spoon)	70	2.5	1.5	0	0	1	11	8	0	35
Butterscotch Brownie	38 (1 brownie)	170	9	2	1.5	25	2	20	14	0	210
Butterscotch Topping	41 (2 Tbsp)	130	0	0	0	0	0	31	14	0	105
Cappuccino Cake	65 (1 piece)	180	10	4.5	0	35	3	18	14	0	210
Caramel Apple Crisp	95 (1 spoon)	170	4.5	1	0.5	0	<1	32	26	1	95
Carrot Cake	64 (1 piece)	240	12	2.5	1	35	2	29	22	<1	220
Cheesecake	80 (1 piece)	230	12	6	1	5	3	28	22	0	280
Cheesecake, Cherry	90 (1 piece)	240	12	6	1	5	3	30	22	0	280
Cherry Cobbler	100 (1 spoon)	210	9	2	2	0	1	32	7	1	100
Cherry Crisp	94 (1 spoon)	160	3	0.5	1	0	1	32	12	1	60
Chewy Bears	20 (9 pieces)	60	0	0	0	0	1	15	14	0	10
Chocolate Cake	60 (1 piece)	180	8	1.5	0.5	30	3	25	9	0	210
Chocolate Chip Cookie	26 (1 cookie)	130	6	2	0	5	1	18	9	1	70
Chocolate Chip Cookie Bars	65 (1 bar)	290	13	4	2.5	25	3	39	26	1	230
Chocolate Chip Cookie Pizza	35 (1 slice)	160	8	3	2.5	0	1	21	12	1	130
Chocolate Chips	15 (1 spoon)	90	5	4	0	0	0	10	9	0	0
Chocolate Cookie Pieces, Crushed	8 (1 spoon)	35	1.5	0	0	0	0	6	3	0	20
Chocolate Cream Pie	64 (1 slice)	180	9	4.5	1	0	2	24	15	<1	120
Chocolate Decadence Cake	64 (1 piece)	220	10	4	0.5	35	4	30	14	0	250
Chocolate Haystacks	31 (1 piece)	160	8	4	0	0	3	19	11	2	90
Chocolate Marble Cake	60 (1 piece)	190	8	2	0.5	25	2	26	19	<1	190
Chocolate Pudding	90 (1 spoon)	120	4.5	1	1.5	0	1	19	15	<1	100
Chocolate Syrup	39 (2 Tbsp)	100	0	0	0	0	0	25	18	1	70
Coconut Cream Pie	64 (1 slice)	240	12	10	0	0	2	24	16	1	210

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Cone, Ice Cream	4 (1 cone)	15	0	0	0	0	0	3	<1	0	15
Cookies and Cream	70 (1 piece)	290	16	9	0.5	0	2	35	27	0	190
Crispy Rice Bar-Chocolate Drizzle	33 (1 bar)	130	3	1	0	0	1	25	13	0	125
Crispy Rice Bar-Sprinkles	32 (1 bar)	120	2	0.5	0	0	<1	25	12	0	120
Crispy Rice Bar-Fun E Chips	32 (1 bar)	120	2	0.5	0	0	<1	25	12	0	120
Crispy Rice Bar	32 (1 bar)	120	2	0	0	0	<1	24	12	0	120
Crushed Pineapple	32 (1 spoon)	25	0	0	0	0	0	6	5	0	0
<b>Cupcakes</b>											
<i>Black Forest Cupcake</i>	90 (1 cupcake)	230	9	2.5	0.5	50	3	36	23	1	240
<i>Caramel Topped Cupcake, all varieties</i>	90 (1 cupcake)	310	16	4	2	60	4	38	29	0	280
<i>Chocolate Cupcake</i>	90 (1 cupcake)	280	12	3	0.5	50	3	41	31	1	250
<i>Peach Cupcake</i>	90 (1 cupcake)	260	13	3	1.5	55	3	33	22	<1	260
<i>Rocky Road Cupcake</i>	90 (1 cupcake)	310	16	4	2	60	4	38	29	0	280
<i>White Cupcake, decorated</i>	90 (1 cupcake)	310	16	4	2	60	4	38	29	0	280
Decorated Cookies	27 (1 cookie)	120	5	1	2	0	1	17	10	0	55
Dessert Pizza	47 (1 slice)	110	4	1	1	0	1	17	12	<1	45
Dutch Apple Cake	80 (1 slice)	230	9	2	2	20	3	36	24	1	240
Flurries, vanilla soft serve-no mix-ins	174 (8 fl oz)	260	10	6	4	20	6	40	28	0	130
Fudge	10 (1 piece)	40	1.5	0.5	0.5	0	0	7	6	0	10
Fudge Brownies	56 (1 brownie)	200	6	1.5	0	0	2	34	27	2	145
Fun E Chips	15 (1 spoon)	80	3	2	0	0	0	12	11	0	0
German Chocolate Cake	80 (1 piece)	270	13	3	1	40	4	35	19	1	250
Heath® Bar Bits	15 (1 spoon)	80	5	2.5	0	0	0	9	9	0	50
Honey Nut Topping	28 (1 spoon)	170	12	2	0	0	5	9	5	2	125
Hot Fudge Sundae Cake	86 (1 spoon)	160	3	1	1	0	2	33	24	1	250
Hot Fudge Topping	37 (2 Tbsp)	120	2.5	0.5	0.5	0	1	22	16	<1	75
Iced Decorated Cookies	42 (1 cookie)	190	9	2.5	2.5	5	2	25	19	0	75
Key Lime	60 (1 piece)	170	11	7	1	0	1	16	11	0	125
Ko Ko Bits	15 (1 spoon)	70	3.5	0	0	0	0	10	10	0	<5
Lemon Bars	68 (1 bar)	190	4.5	1	0.5	70	3	35	27	0	85
Lemon Cake	60 (1 piece)	190	10	2.5	1.5	30	2	24	18	0	190

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Lemon Cream Pie	64 (1 slice)	170	4	1.5	1	25	3	32	26	<1	130
Lemon Meringue Pie	60 (1 slice)	130	4.5	1.5	0	0	2	23	12	<1	140
Malted Milk Balls, Ground	15 (1 spoon)	70	3	2.5	0	0	0	11	9	0	40
Maple Walnut Cake	63 (1 piece)	240	15	3	1.5	30	3	24	18	<1	190
Nestle® Crunch Pieces	15 (1 spoon)	80	4	2.5	0	0	<1	10	8	0	20
Oatmeal Raisin Cookies	26 (1 cookie)	120	6	2	0	5	2	16	8	1	85
Orange Dreamsicle	89 (1 piece)	240	11	7	1	10	3	33	28	<1	130
Peach Cobbler	100 (1 spoon)	210	8	2	2	0	1	33	10	1	95
Peanut Butter Cookies	26 (1 cookie)	120	6	1.5	1	0	2	14	8	1	150
Peanut Butter Mocha	52 (1 piece)	230	16	8	0.5	0	3	21	8	2	200
Pecan Pie	74 (1 slice)	310	19	4	2	50	3	33	18	1	230
Pumpkin Pie	92 (1 slice)	200	11	6	0	35	3	23	14	1	240
Reduced Sugar Apple Pie	116 (1 piece)	230	13	3	3	0	3	28	10	2	160
Reduced Sugar Banana Cream Pie	91 (1 piece)	180	11	8	1	0	2	20	4	1	150
Reduced Sugar Chocolate Cream Pie	79 (1 piece)	190	12	9	1.5	0	2	19	1	<1	260
Reduced Sugar Pie-Cherry	95 (1 piece)	170	10	7	1	0	2	18	2	0	330
Reduced Sugar Pie-Lemon	95 (1 piece)	170	10	7	1	0	2	18	2	0	330
Reduced Sugar Pie-Lime	95 (1 piece)	170	10	7	1	0	2	18	2	0	330
Reduced Sugar Pie-Orange	95 (1 piece)	170	10	7	1	0	2	18	2	0	330
Reduced Sugar Pie-Raspberry	95 (1 piece)	170	10	7	1	0	2	18	2	0	330
Reduced Sugar Pie-Strawberry	95 (1 piece)	170	10	7	1	0	2	18	2	0	330
Reduced Sugar/Calorie Choc Pudding	86 (1 spoon)	70	1	0.5	0	5	4	12	4	<1	360
Reduced Sugar/Calorie Vanilla Pudding	86 (1 spoon)	40	1	0.5	0	5	3	5	4	0	65
Rocky Road Pudding	90 (1 spoon)	160	6	1.5	1	0	2	27	19	<1	135
Scotcheroos	39 (1 bar)	180	7	2.5	0	0	3	27	17	<1	110
Seven Layer Bar	58 (1 bar)	220	9	4	0	<5	4	32	26	1	135
Snickerdoodle Cookie Pizza	48 (1 slice)	180	9	4.5	2	2	1	22	14	0	70
Snickerdoodle Cookies	26 (1 cookie)	120	5	1	2	0	1	17	10	0	55
Soft Serve, Chocolate	87 (4 fl oz)	120	3	2	0	10	2	21	17	<1	85
Soft Serve, Vanilla	87 (4 fl oz)	130	5	3	2	10	3	20	14	0	65
Sprinkles	15 (1 spoon)	70	2	1.5	0	0	0	13	11	0	0

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

*Old  
Country  
Buffet*

*HOME TOWN  
BUFFET*

*Country  
Buffet*

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