

**Buffets Inc. Nutrition Information**  
**Breads and Other 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
<b>Biscuits</b>	41 (1 biscuit)	<b>130</b>	6	1.5	2	0	3	16	1	<1	340
<b>Buns, Hot Dog</b>	43 (1 bun)	<b>120</b>	2	1	0	0	4	22	3	3	210
<b>Caramel Rolls</b>	43 (1 roll)	<b>140</b>	5	1	0	0	3	22	8	<1	115
<b>Cinnamon Bread</b>	50 (1 slice)	<b>160</b>	2.5	0.5	0	0	3	32	13	1	140
<b>Cinnamon Rolls</b>	40 (1 roll)	<b>140</b>	5	1	0	0	2	23	10	<1	115
<b>Corn Bread</b>	50 (1 piece)	<b>160</b>	6	1	0	15	3	25	10	<1	320
<b>Dinner Rolls</b>	38 (1 roll)	<b>130</b>	5	1	0	0	3	18	4	<1	120
<b>Dinner Rolls, White-Pull-A-Part</b>	39 (1 roll)	<b>130</b>	5	1	0	0	3	18	4	<1	120
<b>English Muffins, dry</b>	26 (1/2 muffin)	<b>60</b>	0.5	0	0	0	2	13	<1	<1	200
<b>Flour Tortilla</b>	38 (1 tortilla)	<b>120</b>	3	0.5	0	0	3	20	<1	1	240
<b>Garlic Bread</b>	18 (1 slice)	<b>70</b>	3	0.5	0	0	2	9	0	0	110
<b>Garlic Cheese Biscuit</b>	60 (1 biscuit)	<b>230</b>	15	4	2	10	5	20	3	<1	630
<b>Honey Corn Bread</b>	50 (1 piece)	<b>170</b>	7	1	0	15	3	26	12	<1	320
<b>Jalapeño Cornbread</b>	50 (1 piece)	<b>160</b>	6	1	0	15	3	25	10	<1	320
<b>Loaf Bread</b>											
<i>Wheat</i>	25 (1 slice)	<b>70</b>	1	0	0	0	3	12	1	1	130
<i>French</i>	25 (1 slice)	<b>70</b>	0.5	0	0	0	3	14	<1	<1	160
<i>Pumpernickel</i>	25 (1 slice)	<b>60</b>	1	0	0	0	2	12	0	2	170
<b>Muffins</b>											
<i>Apple Walnut</i>	73 (1 muffin)	<b>220</b>	8	1	0	0	3	34	17	1	290
<i>Banana Walnut</i>	83 (1 muffin)	<b>270</b>	13	2	0.5	0	5	35	16	2	290
<i>Blueberry</i>	80 (1 muffin)	<b>230</b>	9	1.5	0.5	0	4	34	16	1	290
<i>Cherry</i>	77 (1 muffin)	<b>240</b>	9	1.5	0.5	0	4	35	15	1	300
<i>Coconut Almond</i>	68 (1 muffin)	<b>230</b>	10	3.5	0	0	3	32	15	1	300
<i>Corn Muffin</i>	105 (1 muffin)	<b>320</b>	12	2	0	35	6	49	22	1	630
<i>Cranberry Walnut</i>	79 (1 muffin)	<b>250</b>	11	1.5	0	0	4	34	18	1	280
<i>Hot Fudge Chocolate Chip</i>	83 (1 muffin)	<b>280</b>	12	3	0	0	4	42	23	2	310
<i>Hot Fudge Sundaes</i>	91 (1 muffin)	<b>290</b>	12	3.5	0	0	4	43	24	2	330
<i>Oatmeal Raisin</i>	81 (1 muffin)	<b>270</b>	10	1.5	0.5	0	5	43	18	2	290
<i>Peach</i>	89 (1 muffin)	<b>250</b>	9	1.5	0.5	0	4	38	16	1	300
<i>Pina Colada</i>	90 (1 muffin)	<b>220</b>	9	1.5	0	0	3	33	17	1	280
<i>Poppy Seed</i>	66 (1 muffin)	<b>220</b>	10	1.5	0	0	4	29	13	2	280

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<i>Pumpkin w/ Raisins</i>	85 (1 muffin)	240	9	1.5	0.5	0	4	38	19	2	290
<i>Rum Raisin</i>	76 (1 muffin)	240	8	1	0	0	4	40	21	1	280
<i>Strawberry</i>	89 (1 muffin)	260	9	1.5	0.5	0	4	41	22	1	300
<i>Zucchini</i>	72 (1 muffin)	220	9	1.5	0.5	0	4	32	14	1	290



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