

Artisan Baked Goods Nutritional Information (Colorado)

Peet's has selected experienced, local bakeries to create a wide selection of baked goods in the tradition of Artisans – made by hand, in small batches and delivered fresh daily. The following nutritional information is provided by our baked goods suppliers and is intended only as an estimate. Because of the handcrafted nature of the baked goods at Peet's, serving size and nutritional data may vary. Not all items are available in every location. All of our baked goods are produced in bakeries where known allergens are present. We cannot guarantee that any of our products are free from allergens (including dairy, eggs, soy, tree nuts, wheat and others) as we use shared equipment to store, prepare and serve them. Data is rounded to meet FDA regulations. 2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Serving Size (g)
Calories
Calories from Fat (g)
Total Fat (g)
Saturated Fat (g)
Trans Fat (g)
Cholesterol (mg)
Sodium (mg)
Total Carbohydrates (g)
Fiber (g)
Sugars (g)
Protein (g)
bakery

Muffins:

Bakers Muffin	100	370	180	20	13	0	55	360	43	2	10	6	Izzio's
Blueberry Muffin	113	380	150	17	2	0	90	330	46	1	26	6	Izzio's
Bran Muffin	170	530	200	22	2.5	0	75	400	82	15	41	11	Izzio's
Pumpkin Chocolate Muffin	113	360	100	11	2	0	45	340	60	2	41	5	Izzio's

Scones:

Blackberry Scone	120	430	150	17	10	0.5	75	360	64	2	35	5	Izzio's
Blueberry Scone	120	420	190	21	13	0.5	95	450	50	2	13	6	Izzio's
Lemon Pecan Scone	120	450	200	22	11	0.5	65	460	56	2	18	6	Izzio's
Orange Scone	120	490	230	26	16	1	100	480	58	2	18	6	Izzio's
Vanilla Scone	135	550	270	30	19	1	115	540	64	2	19	7	Izzio's

Croissants:

Croissant	85	310	150	17	10	0	45	330	35	1	5	6	Izzio's
Chocolate Croissant	85	280	140	16	9	0	40	290	34	1	8	5	Izzio's

Danish:

Bear Claw	92	360	200	22	10	0	55	240	34	2	10	7	Izzio's
Carmel Pecan Kouign Amann	71	250	120	13	6	0	25	230	30	1	8	5	Izzio's
Cinnamon Roll	100	260	30	3.5	2	0	10	440	51	2	11	8	Izzio's
Kouign Amann	71	230	90	10	6	0	30	280	31	1	5	5	Izzio's
Nutella Kouign Amann	71	260	110	13	7	0	25	230	32	1	9	5	Izzio's
Sweet Cheese Danish	100	390	230	26	16	0	80	330	34	1	10	6	Izzio's

Sweet Breads:

Lemon Poppy Loaf	56	200	80	9	1	0	50	150	25	0	14	3	Izzio's
Zucchini Bread	56	150	40	4.5	0.5	0	25	135	26	1	15	3	Izzio's
Pumpkin Bread	100	310	80	9	1	0	40	320	53	1	35	4	Izzio's

Cookies:

Chocolate Chip Cookie	78	340	140	16	10	0	45	60	48	2	29	3	Izzio's
Oatmeal Raisin Cookie	78	310	90	10	6	0	45	230	50	3	25	4	Izzio's
Peanut Butter Cookie	78	360	180	20	8	0	45	270	40	2	23	7	Izzio's

Dessert Bars:

Blondie	56	240	100	12	6	0	30	140	32	1	22	3	Izzio's
Brownie	56	220	90	11	7	0	75	120	27	1	20	3	Izzio's
Raspberry Streusel Bar	56	250	110	13	8	0	60	40	31	1	16	3	Izzio's

Artisan Baked Goods Ingredients (Colorado)

Muffins:

Bakers Muffin

Enriched Flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrite, riboflavin, folic acid), Whole Milk with Vitamin D, Butter (Cream, Natural Flavor), Honey, Brown Sugar (Sugar, Molasses), Yeast, Cinnamon, Salt. Contains Milk, Wheat.

Blueberry Muffin

Sugar, Enriched Flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrite, riboflavin, folic acid), Eggs (Whole Eggs with Citric Acid), Canola Oil, Blueberries, Water, Food Starch Modified, High Heat Milk Solids (Milk Protein Concentrate, Nonfat Dry Milk and Lactose), Baking Powder (Sodium Bicarbonate, Cornstarch, Sodium Aluminum Sulfate, Calcium Sulfate, Monocalcium Phosphate), Salt, Wheat Gluten, Vanilla Extract (Water, Alcohol, Sugar and Vanilla Bean Extractives), Sodium Bicarbonate, Orange Flavored (Orange Peel, Sugar, Orange Oil). Contains Egg, Milk, Wheat.

Bran Muffin

Buttermilk (cultured low fat milk, nonfat milk, food starch modified, locust bean gum, salt, sodium citrate, carrageenan, vitamin A palmitate, vitamin D3), Whole Wheat Flour, Wheat Bran, Canola Oil, Eggs (Whole Eggs with Citric Acid), Honey, Brown Sugar (Sugar, Molasses), Raisins, Dates, Sugarcane Molasses, Water, Sesame Seeds, Rolled Oats, Salt, Vanilla Extract (Water, Alcohol, Sugar and Vanilla Bean Extractives), Baking Powder (Sodium Bicarbonate, Cornstarch, Sodium Aluminum Sulfate, Calcium Sulfate, Monocalcium Phosphate). Contains Egg, Milk, Wheat.

Pumpkin Chocolate Muffin

Sugar, Pumpkin, Enriched Flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrite, riboflavin, folic acid), Eggs (Whole Eggs with Citric Acid), Canola Oil, Brown Sugar (Sugar, Molasses), Chocolate Chips (Unsweetened Chocolate, Sugar, Soy Lecithin, Vanillin), Buttermilk (cultured low fat milk, nonfat milk, food starch modified, locust bean gum, salt, sodium citrate, carrageenan, vitamin A palmitate, vitamin D3), Food Starch Modified, Sodium Bicarbonate, Salt, Cinnamon, Nutmeg. Contains Egg, Milk, Soy, Wheat.

Scones:

Blackberry Scone

Wheat Flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Brown Sugar (Sugar, Molasses), Heavy Whipping Cream (Heavy Cream, Carrageenan), Blackberries, Unsalted Butter (cream, natural flavor), Sugar, Eggs (Whole Eggs with Citric Acid), Baking Powder (Sodium Bicarbonate, Cornstarch, Sodium Aluminum Sulfate, Calcium Sulfate, Monocalcium Phosphate), Vanilla Extract (Water, Alcohol, Sugar and Vanilla Bean Extractives), Salt, Orange Flavored (Orange Peel, Sugar, Orange Oil). Contains Egg, Milk, Wheat.

Blueberry Scone

Wheat Flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Brown Sugar (Sugar, Molasses), Heavy Whipping Cream (Heavy Cream, Carrageenan), Unsalted Butter (cream, natural flavor), Blueberries, Sugar, Eggs (Whole Eggs with Citric Acid), Baking Powder (Sodium Bicarbonate, Cornstarch, Sodium Aluminum Sulfate, Calcium Sulfate, Monocalcium Phosphate), Vanilla Extract (Water, Alcohol, Sugar and Vanilla Bean Extractives), Salt, Lemon Flavored (Lemon Peel, Sugar, Lemon Oil). Contains Egg, Milk, Wheat.

Lemon Pecan Scone

Wheat Flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Whole Milk with Vitamin D, Unsalted Butter (cream, natural flavor), Sugar, Blueberries, Pecans, Eggs (Whole Eggs with Citric Acid), Lemon Flavored (Lemon Peel, Sugar, and Lemon Oil), Baking Powder (Sodium Bicarbonate, Cornstarch, Sodium Aluminum Sulfate, Calcium Sulfate, Monocalcium Phosphate), Vanilla Extract (Water, Alcohol, Sugar and Vanilla Bean Extractives), Lemon Juice, Salt. Contains Egg, Milk, Tree Nuts, Wheat.

Orange Scone

Wheat Flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Unsalted Butter (cream, natural flavor), Heavy Whipping Cream (Heavy Cream, Carrageenan), Sugar, Eggs (Whole Eggs with Citric Acid), Orange Flavored (Orange Peel, Sugar, Orange Oil), Baking Powder (Sodium Bicarbonate, Cornstarch, Sodium Aluminum Sulfate, Calcium Sulfate, Monocalcium Phosphate), Vanilla Extract (Water, Alcohol, Sugar and Vanilla Bean Extractives), Concentrated Orange Juice and Water, Salt. Contains Egg, Milk, Wheat.

Vanilla Scone

Wheat Flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Unsalted Butter (cream, natural flavor), Heavy Whipping Cream (Heavy Cream, Carrageenan), Sugar, Eggs (Whole Eggs with Citric Acid), Baking Powder (Sodium Bicarbonate, Cornstarch, Sodium Aluminum Sulfate, Calcium Sulfate, Monocalcium Phosphate), Vanilla Paste (Sugar, Water, Vanilla Extract, Vanilla Beans, Gum Tragacanth), Vanilla Extract (Water, Alcohol, Sugar and Vanilla Bean Extractives), Salt. Contains Egg, Milk, Wheat.

Artisan Baked Goods Ingredients (Colorado)

Croissants:

Croissant	Enriched Flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrite, riboflavin, folic acid), Whole Milk with Vitamin D, Butter (Cream, Natural Flavor), Honey, Yeast, Salt. Contains Milk, Wheat.
Chocolate Croissant	Enriched Flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrite, riboflavin, folic acid), Whole Milk with with vitamin D, Butter (Cream, Natural Flavor), Chocolate (Sugar, Cocoa Paste, Cocoa Butter, Soy Lecithin, Vanilla Flavor), Honey, Yeast, Salt. Contains Milk, Soy, Wheat.

Danish:

Bear Claw	Enriched Flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrite, riboflavin, folic acid), Whole Milk with Vitamin D, Butter (Cream, Natural Flavor), Almond Paste (Almonds, Sugar, Water, Butter Almond Oil, Potassium Sorbate), Almonds, Eggs (Whole Eggs with Citric Acid), Honey, Sugar, Yeast, Salt, Vanilla Extract (Water, Alcohol, Sugar and Vanilla Bean Extractives). Contains Egg, Milk, Tree Nuts, Wheat.
Carmel Pecan Kouign Amann	Unbleached Enriched Flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrite, riboflavin, folic acid), Water, Cream (milk), Sugar, Pecans, Heavy Whipping Cream (Heavy Cream, Carrageenan), Milk Solids (Milk Protein Concentrate, Nonfat Dry Milk, Lactose), Yeast, Salt, Corn Syrup, Vanilla Bean Paste [Sugar, Water, Vanilla Extract, Vanilla Beans, Gum Tragacanth (a natural thickener)], Natural Flavor. Contains Milk, Tree Nuts, Wheat.
Cinnamon Roll	Unbleached Enriched Flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrite, riboflavin, folic acid), Whole Milk with Vitamin D, Honey, Brown Sugar (Sugar, Molasses), Butter (Cream, Natural Flavors), Yeast (Yeast, Sorbitan Monostearate), Salt, Cinnamon. Contains Milk, Wheat.
Kouign Amann	Unbleached Enriched Flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrite, riboflavin, folic acid), Water, Cream (Milk), Milk Solids (Milk Protein Concentrate, Nonfat Dry Milk, Lactose), Sugar, Yeast, Salt, Natural Flavor. Contains Milk, Wheat.
Nutella Kouign Amann	Unbleached Enriched Flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrite, riboflavin, folic acid), Water, Chocolate [Sugar, Hazelnuts, Unsweetened Chocolate, Cocoa Butter, Soy Lecithin (an emulsifier)], Cream (Milk), Milk Solids (Milk Protein Concentrate, Nonfat Dry Milk, Lactose), Sugar, Yeast, Salt, Natural Flavor. Contains Milk, Soy, Tree Nuts, Wheat.
Sweet Cheese Danish	Enriched Flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrite, riboflavin, folic acid), Cream Cheese (Pasteurized Cultured Milk and Cream, Salt, Xanthan Gum, Carob Bean Gum, Guar Gum), Whole Milk with Vitamin D, Butter (Cream, Natural Flavor), Honey, Brown Sugar (Sugar, Molasses), Sugar, Eggs (Whole Eggs with Citric Acid), Yeast, Vanilla Extract (Water, Alcohol, Sugar and Vanilla Bean Extractives), Cinnamon, Salt. Contains Egg, Milk, Wheat.

Sweet Breads:

Lemon Poppy Loaf	Sugar, Enriched Flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrite, riboflavin, folic acid), Eggs (Whole Eggs with Citric Acid), Canola Oil, Water, Food Starch Modified, High Heat Milk Solids (Milk Protein Concentrate, Nonfat Dry Milk and Lactose), Lemon Flavored (Lemon Peel, Sugar, and Lemon Oil), Poppy Seeds, Baking Powder (Sodium Bicarbonate, Cornstarch, Sodium Aluminum Sulfate, Calcium Sulfate, Monocalcium Phosphate), Wheat Gluten, Salt, Vanilla Extract (Water, Alcohol, Sugar and Vanilla Bean Extractives), Lemon Extract (Ethyl Alcohol, Natural Oil of Lemon, Water). Contains Egg, Milk, Wheat.
Zucchini Bread	Zucchini, Sugar, Enriched Flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrite, riboflavin, folic acid), Eggs (Whole Eggs with Citric Acid), Canola Oil, Cinnamon, Salt, Baking Powder (Sodium Bicarbonate, Cornstarch, Sodium Aluminum Sulfate, Calcium Sulfate, Monocalcium Phosphate), Sodium Bicarbonate. Contains Egg, Wheat.
Pumpkin Bread	Sugar, Pumpkin, Enriched Flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrite, riboflavin, folic acid), Eggs (Whole Eggs with Citric Acid), Canola Oil, Brown Sugar (Sugar, Molasses), Buttermilk, Food Starch Modified, Sodium Bicarbonate, Sea Salt, Ground Cinnamon, Ground Nutmeg. Contains Egg, Milk, Wheat.

Artisan Baked Goods Ingredients (Colorado)

Cookies:

- Chocolate Chip Cookie
Wheat Flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Brown Sugar (Sugar, Molasses), Semi-Sweet Chocolate Chips (Unsweetened Chocolate, Sugar, Soy Lecithin, Vanillin), Unsalted Butter (cream, natural flavor), Eggs (Whole Eggs with Citric Acid), Vanilla Extract (Water, Alcohol, Sugar and Vanilla Bean Extractives), Salt, Baking Powder (Sodium Bicarbonate, Cornstarch, Sodium Aluminum Sulfate, Calcium Sulfate, Monocalcium Phosphate). Contains Egg, Milk, Soy, Wheat.
- Oatmeal Raisin Cookie
Pastry Flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Brown Sugar (Sugar, Molasses), Oats, Unsalted Butter (cream, natural flavor), Raisins, Eggs (Whole Eggs with Citric Acid), Sugar, Coconut, Whole Milk with Vitamin D, Vanilla Extract (Water, Alcohol, Sugar and Vanilla Bean Extractives), Salt, Sodium Bicarbonate, Baking Powder (Sodium Bicarbonate, Cornstarch, Sodium Aluminum Sulfate, Calcium Sulfate, Monocalcium Phosphate). Contains Egg, Milk, Tree Nuts, Wheat.
- Peanut Butter Cookie
Wheat Flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Peanut Butter (Dry Roasted Peanuts, Dextrose, Fully Hydrogenated Cottonseed and Rapeseed Oil, Salt), Brown Sugar (Sugar, Molasses), Unsalted Butter (cream, natural flavor), Sugar, Peanuts, Eggs (Whole Eggs with Citric Acid), Vanilla Extract (Water, Alcohol, Sugar and Vanilla Bean Extractives), Sodium Bicarbonate, Salt. Contains Egg, Milk, Peanut, Wheat.

Dessert Bars:

- Blondie
Brown Sugar (Sugar, Molasses), Enriched Flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrite, riboflavin, folic acid), Chocolate Chips (Unsweetened Chocolate, Sugar, Soy Lecithin, Vanillin), Unsalted Butter (cream, natural flavor), Walnuts, Eggs (Whole Eggs with Citric Acid), Vanilla Extract (Water, Alcohol, Sugar and Vanilla Bean Extractives), Baking Powder (Sodium Bicarbonate, Cornstarch, Sodium Aluminum Sulfate, Calcium Sulfate, Monocalcium Phosphate), Salt. Contains Milk, Soy, Tree Nuts, Wheat.
- Brownie
Chocolate (Sugar, Unsweetened Chocolate, Cocoa Butter, Whole Milk Powder, Milkfat, Natural Vanilla Flavor), Eggs (Whole Eggs with Citric Acid), Sugar, Enriched Flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrite, riboflavin, folic acid), Unsalted Butter (cream, natural flavor), Sour Cream, Vanilla Extract (Water, Alcohol, Sugar and Vanilla Bean Extractives), Salt, Baking Powder (Sodium Bicarbonate, Cornstarch, Sodium Aluminum Sulfate, Calcium Sulfate, Monocalcium Phosphate). Contains Egg, Milk, Wheat.
- Raspberry Streusel Bar
Enriched Flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrite, riboflavin, folic acid), Unsalted Butter (cream, natural flavor), Sugar, Raspberry Preserves (Raspberries, Corn Syrup, High Fructose Corn Syrup, Water, Sugar, Citric Acid, Pectin, Sodium Benzoate), Sugar, Egg Yolks, Baking Powder (Sodium Bicarbonate, Cornstarch, Sodium Aluminum Sulfate, Calcium Sulfate, Monocalcium Phosphate), Vanilla Extract (Water, Alcohol, Sugar and Vanilla Bean Extractives). Contains Egg, Milk, Wheat.