



NUTRIENT ANALYSIS

Menu Items highlighted in pink meet the guidelines set forth by the Heart Center Dining Program of Wake Forest University Baptist Medical Center.

Menu Items	Calories	Fat Calories	Total Fat, g	Saturated Fat, g	Cholesterol, mg	Sodium mg	Total Carbs, g	Dietary Fiber, g	Sugars g	Protein g
DESSERTS - CHEESECAKE										
Baked New York Cheesecake	584	279	31	18	142	314	69	1	53	9
Chocolate Cheesecake	530	279	31	18	142	313	56	0	42	9
Chocolate Chip Cheesecake	565	279	31	19	142	319	59	1	43	14
Pecan Cheesecake	573	324	36	19	142	325	56	1	12	9
DESSERTS - CAKES										
Angel Food Cake	170	0	0	0	0	100	40	0	30	4
Banana Nut Cake	693	171	19	4	88	631	129	2	94	6
Banana-Split Cake	487	225	25	9	50	224	66	2	51	5
Carrot Cake	736	315	35	11	78	577	103	1	77	6
Devil's Food Cake	720	234	26	6	74	671	116	1	80	70
Five-Flavor Pound Cake	502	189	21	5	5	246	75	1	48	4
German Chocolate Cake	680	324	36	10	184	711	81	2	53	12
Graham-Cracker Pineapple	916	342	38	11	96	817	136	2	99	10
Harvest Cake	623	189	21	6	60	592	105	1	81	6
Lemon Cake	683	234	26	6	73	700	107	0	80	6
Oatmeal Cake	484	216	24	6	89	606	64	2	19	6
Orange Cake	683	234	26	6	73	700	107	0	80	6
Pavlova	222	27	3	2	11	64	45	0	38	4
Pound Cake	455	171	19	8	115	439	65	0	39	6
Prune Cake	902	378	42	7	73	397	128	3	88	8
Red Velvet Cake	631	225	25	9	98	626	96	0	69	7
Rum Cake	361	162	18	3	88	315	44	1	24	6
Spice Cake	609	216	24	5	35	677	96	1	54	6
Strawberry Cake	679	234	26	6	73	700	107	0	80	6
Sweet Potato Cake	961	432	48	8	75	457	129	2	89	7
Yellow Cake	698	234	26	6	74	671	112	0	80	7
DESSERTS - PIES										
Apple Pie, Double Crust	580	252	28	7	2	426	82	1	38	3
Apple Pie, Dutch	621	234	26	6	0	449	95	1	48	4
Apple Pie, French	606	252	28	7	2	427	89	1	44	4
Banana Cream Pie	495	243	27	12	103	342	57	1	33	7
Blackberry Pie	616	243	27	7	2	422	91	6	50	4
Blueberry Pie	487	189	21	6	1	349	73	3	35	3
Brown Sugar Chess Pie	656	180	20	5	116	672	114	0	98	6
Buttered Coconut Pie	644	270	30	14	58	582	88	2	60	8
Buttermilk Chess Pie	697	225	25	7	234	391	109	0	88	10
Cherry Pie	556	216	24	7	2	387	82	2	47	4
Chocolate Chess Pie	574	225	25	6	117	363	82	1	60	7
Chocolate Cream Pie	584	288	32	14	123	389	69	2	44	9
Coconut Cream Pie	570	279	31	15	123	419	65	1	40	9
Egg Custard Cup	276	72	8	2	262	376	40	0	38	10
Egg Custard Pie	452	180	20	6	262	566	56	0	39	12
German Chocolate Pie	659	288	32	11	58	371	87	2	57	8

Menu Items	Calories	Fat Calories	Total Fat, g	Saturated Fat, g	Choles- terol, mg	Sodium mg	Total Carbs, g	Dietary Fiber, g	Sugars g	Protein g
Lemon Chess Pie	593	225	25	6	118	363	87	1	64	7
Lemon Chiffon Pie	443	198	22	12	17	314	59	1	11	6
Lemon Meringue Pie	503	171	19	5	105	543	76	1	50	8
Lime Chiffon Pie	444	198	22	12	17	314	59	1	11	6
Peach Pie	602	216	24	6	2	390	95	2	63	4
Peanut Butter Pie	605	270	30	9	107	480	74	2	45	13
Pecan Pie	522	207	23	5	131	381	74	1	62	6
Pineapple Chess Pie	573	198	22	6	109	533	88	1	68	7
Pumpkin Pie	402	135	15	4	87	834	62	1	39	7
Strawberry Pie	488	216	24	11	44	242	66	1	43	3
Strawberry Chiffon Pie	472	261	29	16	28	283	50	1	7	6
Strawberry Pie, Old-Fashioned	451	216	24	11	44	204	58	1	38	3
Sweet Potato Pie	502	171	19	5	73	413	76	2	42	8
PIES - SUGAR FREE (SF)										
Apple Pie - SF	319	126	14	4	1	376	43	0	1	6
Banana Cream Pie - SF	430	180	20	12	89	389	45	1	10	13
Blueberry Cream Pie - SF	286	108	12	3	89	370	31	1	6	13
Blueberry Pie - SF	334	144	16	4	2	404	43	2	7	5
Cherry Pie - SF	334	126	14	4	1	380	44	1	9	8
Lemon Snow Pie - SF	255	117	13	3	39	567	28	0	3	8
Pineapple Cream Pie - SF	315	108	12	3	89	374	35	1	9	17
Egg Custard Cup - SF	156	54	6	2	113	386	9	0	7	15
Egg Custard Pie - SF	251	90	10	2	137	448	21	1	14	19
COBBLERS										
Apple Cobbler	449	234	26	6	2	385	66	1	27	3
Blueberry Cobbler	389	153	17	5	1	280	58	3	28	3
Cherry Cobbler	471	180	20	5	2	317	72	2	42	3
Peach Cobbler	547	207	23	6	2	358	85	2	56	3
Pineapple Cobbler - Sugar Free	188	54	6	2	1	176	28	1	10	5
Sweet Potato Cobbler	550	144	16	4	1	234	102	2	75	3
PUDDINGS / MOOSE										
Banana Pudding	492	81	9	2	98	489	83	2	55	22
Bread Pudding	331	81	9	2	212	370	52	1	42	10
Chocolate Moose	265	108	12	7	79	135	36	1	29	5
Chocolate Pudding	265	108	12	7	79	135	36	1	29	5
Rice Pudding	441	190	10	3	241	384	78	0	61	11
Vanilla Pudding	235	90	10	5	83	144	33	0	27	5