GRINNELL COLLEGE

The Marketplace Nutrition Information
Desserts

Food Item	Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV	Allergens: None	Milk	Egg	Soy	Peanut	Tree Nut	Wheat	Fish	Shellfish
Fruit																									
Peaches	1/2 c	50	0	0	0	0	0	10	12	0	11	0	20	10	0	4	x								
Pears	1/2 d	60	0	0	0	0	0	5	14	2	10	0	0	2	0	2	x								
Tropical fruit salad	1/2 c	90	0	0	0	0	0	10	21	1	20	1	8	50	4	4	x								
Blueberries	1 c	100	0	0	0	0	0	5	24	3	21	0	0	4	0	2	x								
Red raspberries	3/4 c	90	0	0	0	0	0	0	20	5	9	2	0	15	2	8	x								
Yogurt																									
Black cherry	1 c	250	20	2.5	1.5	0	10	170	45	0	42	11	0	4	35	0		x							
Blueberry	1 c	250	20	2.5	1.5	0	10	170	47	0	43	11	0	4	35	0		x							
Cherry vanilla	1 c	260	20	2.5	1.5	0	10	160	49	0	43	10	0	4	35	0		x							
Plain	1 c	160	20	2.5	1.5	0	15	190	21	0	18	14	0	6	45	0		x							
Strawberry	1 c	250	20	2.5	1.5	0	10	170	45	0	42	11	0	10	35	0		x							
Vanilla	1 c	250	25	2.5	1.5	0	10	170	46	0	43	11	0	4	35	0		x							
Ice Cream & Toppings																									
Chocolate	1/2 c	160	70	8	5	0	30	55	18	1	16	4	6	0	15	2		x							
Mint chocolate chip	1/2 c	180	80	9	6	0	30	55	20	0	16	3	6	0	10	0		x		x					
Raspberry chocolate chunk	1/2 c	180	80	9	6	0	30	55	20	0	16	3	6	0	10	0		x		x					
Strawberry	1/2 c	150	60	7	4.5	0	30	50	19	0	14	3	6	4	10	0		x							
Vanilla	1/2 c	160	70	8	5	0	30	55	18	0	14	3	6	0	10	0		x							
Butterscotch topping	2 T	130	0	0	0	0	0	100	31	0	22	0	0	0	0	0		x							
Chocolate syrup	1 T	45	0	0	0	0	0	15	11	0	10	0	0	0	0	0	x								
Cone	1	15	0	0	0	0	0	15	3	0	0	0	0	0	0	0				x			x		

*All of our foods are prepared in a facility where peanuts, tree nuts, fish, shellfish, wheat, soy, milk and eggs are also prepared. Cross contamination is possible.
For allergen concerns please contact Dining Services at 641-269-3661.

GRINNELL COLLEGE

The Marketplace Nutrition Information
Desserts

Food Item	Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV	Allergens								
																	None	Milk	Egg	Soy	Peanut	Tree Nut	Wheat	Fish	Shellfish
7 layer bar w/ walnuts	1	260	130	15	7	0	5	125	22	1	20	4	6	0	8	6		x		x	x	x	x		
Almond bars	1	250	110	12	6	0	60	15	33	<1	21	3	8	0	2	6		x	x			x	x		
Angel food cake	1	110	0	0	0	0	<5	210	24	0	13	3	0	0	4	0			x	x			x		
Apple pie	1	440	230	26	5	7	<5	380	53	3	18	3	0	0	0	8				x			x		
Banana bar w/ frosting	1	190	80	9	3.5	0	20	135	27	0	19	2	2	0	2	4		x	x	x		x	x		
Banana bar	1	180	70	8	1.5	0	<5	180	26	<1	18	1	4	2	0	4				x		x	x		
Banana cake	1	340	120	14	5	0	35	240	51	<1	36	3	6	4	4	6		x	x	x			x		
Banana cream pie	1	750	390	44	21	0	150	360	87	3	56	7	30	8	10	8		x	x	x			x		
Banana muffin	1	210	50	6	1	0	5	300	37	<1	21	2	0	0	0	4		x	x	x			x		
Blueberry cobbler	1	280	70	8	2	0	<5	110	51	2	34	2	10	0	2	8				x			x		
Blueberry muffin	1	250	60	7	1.5	0	5	370	45	1	25	3	0	0	0	6		x	x	x			x		
Bread pudding/whiskey sauce	1	270	80	9	4.5	0	75	190	42	<1	31	6	6	0	10	4		x	x	x			x		
Butter cookie	1	135	65	7	2.5	0	20	80	16	<1	7	2	3	0	0	4		x	x				x		
Carmelotta bar	1	280	130	14	9	0	30	140	37	2	18	3	8	0	4	8		x		x			x		
Carrot cake w/ walnuts	1	450	210	23	3.5	0	<5	450	57	2	40	4	60	2	4	8				x	x	x	x		
Carrot cupcake	1	300	90	10	3	0	<5	500	53	2	36	2	65	2	4	8						x	x		
Cheesecake w/ choc hazelnut	1	360	250	27	15	0	100	200	25	2	19	7	15	0	8	8		x	x	x		x	x		
Cheesecake brownies	1	200	60	7	3.5	0	35	140	31	0	24	3	4	0	4	6		x	x	x			x		
Cherry coffee cake	1	190	60	7	4	0	40	35	32	<1	21	2	8	0	2	6		x	x				x		
Cherry turnover	1	280	130	15	4	5	<5	250	34	1	13	4	0	10	0	8				x			x		
Choc chip cookie w/ walnuts	1	130	60	6.5	2	0	10	135	17	<1	10	2	5	0	1	4		x	x	x	x	x	x		
Chocolate chip PB cookie	1	135	65	7.5	0.5	0	<5	135	17	1	10	3	1	0	0	4				x	x		x		
Chocolate star PB cookie	1	150	70	7.5	1.5	0	<5	115	19	<1	7	3	4	0	0	3		x		x	x		x		
Chocolate brownies	1	160	30	3.5	1.5	0	<5	95	33	0	27	1	0	0	2	4		x	x	x			x		
Chocolate cherry cookie	1	120	50	5.5	3	0	20	195	18	1	10	2	4	0	2	4		x	x	x			x		
Chocolate chip cookie	1	120	45	5	2	0	10	105	18	<1	10	2	4	0	0	4		x	x	x			x		
Chocolate chip cookie bar	1	270	70	8	4	0	10	110	49	<1	38	2	4	0	4	8		x	x	x			x		

*All of our foods are prepared in a facility where peanuts, tree nuts, fish, shellfish, wheat, soy, milk and eggs are also prepared. Cross contamination is possible.
For allergen concerns please contact Dining Services at 641-269-3661.

GRINNELL COLLEGE

The Marketplace Nutrition Information
Desserts

Food Item	Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV	Allergens: None	Milk	Egg	Soy	Peanut	Tree Nut	Wheat	Fish	Shellfish
Chocolate éclair cake	1	230	100	11	8	0	10	290	33	<1	23	2	2	0	4	6		x		x			x		
Chocolate tofu pie	1	360	200	22	4.5	0	<5	180	41	3	30	6	6	0	0	15				x			x		
Chocolate upside down cake	1	210	40	4	2.5	0	10	230	43	1	29	3	4	0	10	8		x					x		
Cream puff	1	220	110	12	9	0	110	100	24	0	13	5	6	0	4	6		x	x	x			x		
Devil's food cake	1	330	120	13	3.5	0	50	210	51	<1	27	4	4	0	4	4		x	x	x			x		
Fall fruit crisp w/ walnuts	1	280	110	12	2.5	0	<5	150	44	3	30	3	10	50	4	6				x	x	x	x		
Fruits of the forest pie	1	430	220	25	5	7	<5	370	50	2	18	3	0	10	6	10				x			x		
Gingerbread apple crisp	1	240	60	7	1.5	0	<5	150	45	3	26	2	8	6	6	10				x			x		
Gooey butter cake	1	330	150	17	9	0	65	220	44	0	34	3	10	0	6	4		x	x	x			x		
Gooey chocolate butter cake	1	340	160	18	9	0	65	210	44	0	22	4	10	0	4	6		x	x	x			x		
Granny's spice bar	1	160	50	6	0.5	0	<5	120	25	<1	13	2	0	0	0	4				x			x		
Key lime bar	1	220	90	11	4	0	40	150	19	0	21	4	10	4	10	2		x	x	x			x		
Key lime pie	1	410	140	16	7	0	80	300	59	0	45	9	4	6	15	6		x	x	x			x		
Lemon bar	1	170	50	6	1.5	0	<5	50	28	0	18	2	6	6	0	4				x			x		
M&M bars	1	180	60	7	2.5	0	20	150	26	<1	14	3	6	0	4	6		x	x	x	x		x		
M&M cookie	1	130	50	5.5	2	0	15	100	19	<1	11	2	4	0	2	4		x	x	x	x		x		
Magical coconut/walnut bar	1	240	150	16	7	0	<5	105	17	1	13	3	4	0	4	10				x	x	x	x		
Mexican spice cookie	1	140	50	6	1	0	<5	115	22	1	11	2	0	0	0	5				x			x		
Mocha cheesecake	1	390	260	29	17	0	95	200	31	1	24	6	15	0	6	10		x	x	x			x		
Molasses cookie	1	120	30	3.5	1	0	<5	130	22	<1	12	2	4	0	2	5				x			x		
Monster cookie w/ PB	1	120	70	7.5	2.5	0	15	80	12	1	10	3	8	0	2	10		x	x	x	x				
Mound w/ almonds bar	1	230	100	11	4	0	20	65	35	1	24	4	6	0	6	8		x	x	x		x	x		
Nice krispie w/ PB bar	1	190	70	7	0.5	0	<5	240	30	<1	19	4	4	6	4	8				x	x				
Oatmeal cookie	1	85	30	3.5	1	0	<5	140	12	<1	8	1	4	0	1	2				x			x		
Oatmeal pecan cookie	1	135	75	8.5	1	0	10	90	14	<1	9	1	0	0	0	2			x	x		x	x		
Oatmeal raisin cookie	1	135	30	3	1	0	<5	125	14	<1	10	1	4	0	1	3				x			x		
Oreo cream pie	1	440	210	24	11	0	15	360	55	1	36	4	10	0	2	10		x		x			x		

*All of our foods are prepared in a facility where peanuts, tree nuts, fish, shellfish, wheat, soy, milk and eggs are also prepared. Cross contamination is possible.
For allergen concerns please contact Dining Services at 641-269-3661.

GRINNELL COLLEGE

The Marketplace Nutrition Information
Desserts

Food Item	Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV	Allergens: None	Milk	Egg	Soy	Peanut	Tree Nut	Wheat	Fish	Shellfish
Peach pie	1	430	220	25	5	7	<5	360	49	2	20	3	0	0	0	0				x			x		
Peanut butter chocolate cake	1	620	230	25	2.5	0	<5	510	97	4	71	7	2	0	2	15				x	x		x		
Peanut butter cookie	1	130	60	7	1.5	0	<5	110	17	<1	7	3	4	0	0	3				x	x		x		
Peanut butter oreo pie	1	590	320	35	13	0	15	430	64	3	43	10	25	0	6	35		x		x	x		x		
Pecan bar	1	350	200	22	8	0	50	75	35	2	16	4	8	0	0	6		x	x	x		x	x		
Pumpkin bar	1	210	90	10	2.5	0	30	105	29	<1	24	2	25	0	4	4		x	x				x		
Pumpkin pie	1	340	140	16	3	0	35	460	45	4	23	6	110	4	10	8		x	x	x			x		
Raspberry choc. chip blondie	1	270	70	8	0	0	<5	120	48	2	28	3	0	4	0	10				x			x		
Raspberry chocolate cake	1	490	250	28	11	0	60	400	62	4	43	5	10	0	8	15		x	x				x		
Red velvet cupcake - frosted	1	330	130	14	5	0	60	250	48	<1	35	4	4	0	0	0		x	x	x			x		
Rice krispie bar	1	190	35	3.5	1	0	<5	200	38	0	19	2	10	6	0	6				x					
Rice pudding	6 oz	140	30	3.5	2	0	10	105	23	0	19	4	2	0	15	0		x							
Sour cream oatmeal cookie	1	90	30	3	1.5	0	10	55	15	<1	9	1	3	0	1	3		x	x	x			x		
Southern berry cobbler	1	230	70	8	2.5	0	<5	105	40	2	24	2	10	15	0	6				x			x		
Sugar cookie	1	115	50	6	2	0	<5	75	15	<1	7	2	3	0	0	3				x			x		
Vanilla buttermilk bundt	1	370	150	16	10	0	95	310	53	<1	35	5	10	0	8	8		x	x				x		
Vanilla cupcake - frosted	1	340	110	12	3.5	0	<5	230	55	<1	38	3	10	0	6	8				x		x	x		
White choc. raspberry bar	1	300	150	17	9	0	70	170	33	4	27	4	10	0	4	8		x	x	x			x		
Zucchini brownies	1	240	70	8	1.5	0	<5	230	43	2	31	2	4	4	0	8				x			x		

*All of our foods are prepared in a facility where peanuts, tree nuts, fish, shellfish, wheat, soy, milk and eggs are also prepared. Cross contamination is possible.
For allergen concerns please contact Dining Services at 641-269-3661.