

Kinnikinnick Foods

Protein Content

Partial List



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Updated Oct. 12, 2010

Bagels

UPC	Product Description	Protein per 100g	Serving size
62013300160 8	Tapioca Rice Cinnamon Raisin Bagels	4.5	1 bagel-94 g

Buns

UPC	Product Description	Protein per 100g	Serving size
62013300053 3	Tapioca Rice Hamburger Buns	6.13	1 bun-80 g
62013300052 3	Tapioca Rice Hotdog Buns	6.74	1 bun-88 g

Cookies

UPC	Product Description	Protein per 100g	Serving size
62013300307 7	Ginger Snap Cookies	2.9	1 cookie-8 g
62013300321 3	Montana's Chocolate Chip Cookies	4.1	1 cookie-9 g
62013300364 0	KinniTOOS Chocolate Sandwich Creme	2	1 cookie-11 g
62013300362 6	KinniTOOS Vanilla Sandwich Creme	1.5	1 cookie-11 g
62013300367 1	KinniTOOS Fudge Sandwich Creme	2.6	1 cookie-11 g
62013300361 9	KinniKritters Animal Cookies	4.4	8-9 cookies-20 g
62013300349 7	KinniKritters Chocolate Animal Cookies	3.73	8-9 cookies-20 g
62013300359 6	KinniKritters Graham style Animal Cookies	3.3	8-9 cookies-20 g
62013300309 1	S'moreables Graham Style Crackers	3.3	1 cookie-12 g

Do-It-Yourself Baking Products

UPC	Product Description	Protein per 100g	Serving size
62013300434 0	Graham Style Cracker Crumbs	3.3	18.75 g
62013300435 7	Chocolate Cookie Crumbs	4.2	18.75 g
62013360015 3	Panko Style Bread Crumbs	3.84	30 g

Donuts

UPC	Product Description	Protein per 100g	Serving size
62013300221 6	Maple Glazed Donuts	5.8	1 donut - 53 g
62013300223 0	Cinnamon Sugar Donuts	5.3	1 donut - 45 g
62013300224 7	Chocolate Dipped Donuts	5.8	1 donut - 53 g
62013300220 9	Vanilla Glazed Donuts	5.2	1 donut - 53 g

Muffins

UPC	Product Description	Protein per 100g	Serving size
62013300241 4	Blueberry Muffins	2.62	1 muffin-50 g
62013300244 5	Chocolate Chip Muffins	2.93	1 muffin-50 g
62013300249 0	Carrot Muffins	3.2	1 muffin-50 g

Pizza

UPC	Product Description	Protein per 100g	Serving size
62013300557 6	Personal Size Pizza Crust	5.96	1/2 crust-75 g

Waffles

UPC	Product Description	Protein per 100g	Serving size
62013300198 1	Homestyle Waffles-Original	3.4	1 waffle-35g
62013300199 8	Homestyle Waffles-Cinnamon Brown Sugar	3.4	1 waffle-35g