



At Sweet Escape Pastries, we understand the need for specific nutritional information for the diabetic community. Here are the average counts, which current customers have successfully utilized with their pumps.

Notes:

- All products are made by hand, so an exact count is not possible
- Many of our Type 1 Diabetic customers have expressed our products do not spike their insulin levels
- Please keep in mind we never said we were nutritious; just delicious!!!

**Hoagies**

Serving Size: 6 (half Hoagie; sold in 3 pack)

Total Calories - 142

Total Carbs – 26 g

Fat – 2.3 g

**Pizza (Mini)**

Serving Size: 4 (quarter it)

Total Calories - 104

Total Carbs –19 g

Fat – 1.7 g

**Pizza (Family)**

Serving Size: 8

Total Calories - 104

Total Carbs – 19 g

Fat- 1.7 g

**Burger Bun**

Serving Size: 8 (1 Bun; sold in 8 pack)

Total Calories - 205

Total Carbs –30 g

Fat- 7.1 g

**English Muffin**

Serving Size: 12 (1 English Muffin; sold in 12 pack)

Total Calories - 129

Total Carbs –20 g

Fat- 4.4 g

**French Bread**

Serving Size: 12

Total Calories - 75

Total Carbs – 14 g

Fat – 1.2 g

**Big Chocolate Chip Cookies**

Serving Size: 1/2

Total Calories - 148

Total Carbs – 21 g

Fat- 7.2 g