

# Panera Bread Product Nutrition Information

Nutrition information provided from calculated results.

## Breads

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Sugars (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)
Artisan Country	2 oz	120	0	0	25	1	5	0	290	1
Artisan French	2 oz	110	0	0	23	1	4	0	310	< 1
Artisan Kalamata Olive	2 oz	140	2	0	26	1	5	0	270	1
Artisan Multigrain	2 oz	120	0.5	0	24	1	4	0	230	1
Artisan Raisin Pecan	2 oz	140	2.5	0	25	5	4	0	280	1
Artisan Sesame Semolina	2 oz	120	0	0	24	1	4	0	300	1
Artisan Stone-Milled Rye	2 oz	110	0	0	22	1	4	0	320	2
Artisan Three Cheese	2 oz	120	1.5	1	21	1	5	5	270	< 1
Artisan Three Seed	2 oz	130	2	0	23	1	5	0	250	1
Asiago Cheese Demi, Loaf	2 oz	140	3.5	2	21	1	7	10	310	< 1
Asiago Cheese Focaccia	2 oz	150	6	2	19	1	5	5	300	1
Basil Pesto Focaccia	2 oz	150	6	1.5	19	1	4	5	300	1
Ciabatta	6 oz	430	10	2	70	2	14	0	990	3
Cinnamon Raisin Bread	2 oz	160	3	0.5	31	12	4	0	300	1
French Baguette, Loaf, XL Loaf	2 oz	130	0.5	0	24	1	5	0	270	1
French Croissant	3 oz	260	15	9	28	3	5	40	190	1
French Roll	2.25 oz	140	1	0	28	1	6	0	310	1
Honey Wheat Bread	2 oz	140	2.5	0.5	25	3	5	0	260	1
Lower-Carb Golden Original Bread	1.1 oz slice	80	1	0	10	0	7	0	170	4
Lower-Carb Italian Herb Bread	1.1 oz slice	80	1	0	10	0	7	0	160	4
Lower-Carb Italian Herb Breadstick	1.2 oz	120	2.5	0.5	13	0	9	0	230	7
Lower-Carb Rosemary Walnut Bread	1.1 oz slice	80	2.5	0	9	0	7	0	160	5
Nine Grain Bread	2 oz	150	2.5	0.5	26	3	5	0	270	2
Rosemary & Onion Focaccia	2 oz	140	4.5	1	19	1	4	5	280	1
Rye Bread	2 oz	140	2.5	0.5	25	3	5	0	290	1
Sourdough Baguette, Loaf, Round, XL Loaf	2 oz	120	0	0	25	1	5	0	270	1
Sourdough Roll	2.5 oz	160	0	0	32	1	6	0	340	1
Sourdough Soup Bowl	8 oz	500	1.5	0	102	2	20	0	1090	4
Sunflower Bread	2 oz	160	5	1	24	4	6	0	320	1
Tomato Basil Bread	2 oz	130	0.5	0	27	1	5	0	350	1

## Bagels & Spreads

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Carbs (g)	Sugars (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)
Asiago Cheese Bagel	4.75 oz	330	5	2.5	58	5	15	15	480	2
Blueberry Bagel	4.75 oz	320	1.5	0	67	11	12	0	490	3
Chocolate Raspberry Bagel	4.75 oz	370	7	4	67	15	11	0	460	2
Cinnamon Crunch Bagel	4.75 oz	420	7	4.5	78	30	10	0	430	3
Dutch Apple & Raisin Bagel	4.75 oz	340	2.5	0	70	21	10	0	410	3
Everything Bagel	4.25 oz	290	1.5	0	58	4	11	0	540	2
French Toast Bagel	4.75 oz	340	4.5	1	65	16	10	0	610	2
Lower-Carb Asiago Cheese Bagel	2.6 oz	240	9	4.5	20	0	19	20	500	9
Lower-Carb Plain Bagel	2.5 oz	200	2	0.5	25	1	18	0	460	12
Nine Grain Bagel	4.25 oz	290	1	0	58	4	11	0	390	3
Plain Bagel	4.75 oz	280	1	0	57	4	11	0	450	2
Pumpkin Spice Bagel	5 oz	360	1.5	0	76	22	11	0	670	3
Sesame Bagel	4.25 oz	310	2.5	0	60	4	12	0	460	3
Plain Cream Cheese	2 oz	190	18	12	2	1	3	55	210	0
Reduced Fat Hazelnut Cream Cheese	2 oz	150	11	7	6	6	5	35	210	< 1
Reduced Fat Honey Walnut Cream Cheese	2 oz	150	11	7	9	8	4	30	200	< 1
Reduced Fat Mocha Cream Cheese	2 oz	160	11	7	10	8	5	30	180	< 1
Reduced Fat Plain Cream Cheese	2 oz	130	12	8	2	1	5	35	230	< 1
Reduced Fat Raspberry Cream Cheese	2 oz	120	10	7	3	2	4	30	200	0
Reduced Fat Sun-Dried Tomato Cream Cheese	2 oz	140	11	7	4	2	5	35	220	< 1
Reduced Fat Veggie Cream Cheese	2 oz	130	11	7	4	2	5	35	230	1

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## Soups

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Carbs (g)	Sugars (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)
Asparagus & Chicken Florentine	8 oz	230	16	9	12	1	10	50	870	3
Baked Potato Soup	8 oz	260	16	8	23	2	6	35	750	1
Boston Clam Chowder	8 oz	210	11	6	19	2	6	40	990	< 1
Broccoli Cheddar Soup	8 oz	230	16	9	13	4	8	45	1000	1
Cream of Chicken & Wild Rice Soup	8 oz	200	12	6	19	2	5	35	970	< 1
French Onion Soup	8 oz	220	10	5	23	6	9	20	1810	2
Low-Fat Chicken Noodle Soup	8 oz	100	2	0	15	1	5	15	1080	1
Low-Fat Vegetarian Autumn Tomato Basil	8 oz	110	3	0	17	5	3	0	910	3
Low-Fat Vegetarian Black Bean Soup	8 oz	160	1	0	31	2	9	0	820	11
Low-Fat Vegetarian Garden Vegetable Soup	8 oz	90	0.5	0	17	4	4	0	860	2

## Sandwiches

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Carbs (g)	Sugars (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)
Asiago Roast Beef	13 oz	730	35	16	54	4	50	115	1620	2
Bacon Turkey Bravo	14.5 oz	770	28	9	84	6	47	45	2850	5
Chicken Salad on Artisan Sesame Semolina	13.75 oz	730	26	4	80	12	39	90	1750	6
Chicken Salad Sandwich on Nine Grain	10.25 oz	640	29	5	56	15	35	90	1340	4
Coronado Carnitas Panini	11.5 oz	810	35	11	77	4	47	95	2210	3
Frontega Chicken Panini	14 oz	860	42	12	71	5	49	110	2260	5
Garden Veggie	10.65 oz	570	23	7	74	6	15	15	1490	5
Italian Combo	17 oz	1050	54	18	80	5	60	165	3570	5
Peanut Butter & Jelly on Artisan French	7.25 oz	570	15	3	90	23	18	0	1030	5
Peanut Butter & Jelly Sandwich on French	7.25 oz	450	15	3	63	23	15	0	580	3
Pepperblue Steak Sandwich	13.9 oz	780	38	8	78	4	40	75	2070	4
Pesto Roma Club	10.4 oz	650	38	12	27	4	49	85	2440	11
Portobello & Mozzarella Panini	12 oz	670	33	12	69	5	27	45	1020	7
Sierra Turkey	12.5 oz	950	55	13	71	4	40	40	2360	4
Smoked Ham & Swiss on Artisan Stone-Milled Rye	15 oz	930	31	10	106	6	52	110	3000	6
Smoked Ham & Swiss Sandwich on Rye	12.75 oz	650	34	11	47	7	42	110	2350	4
Smoked Turkey Breast on Artisan Country	13.5 oz	590	16	1.5	73	4	34	10	2320	5
Smoked Turkey Breast on Sourdough	11.25 oz	440	15	1.5	44	4	29	10	1950	3
Smokehouse Turkey Panini on Artisan Three Cheese	11.35 oz	670	23	10	68	4	47	50	2320	4
Smokehouse Turkey Panini on Asiago Focaccia	12.65 oz	840	38	15	73	5	50	60	2740	5
Tuna Salad on Artisan Multigrain	13.75 oz	830	41	5	78	7	32	65	1790	5
Tuna Salad Sandwich on Honey Wheat	12.75 oz	720	43	6	50	10	28	65	1570	4
Turkey Artichoke Panini	15.3 oz	810	38	11	76	10	41	25	2470	6
Tuscan Chicken	15 oz	950	57	10	75	7	35	80	2140	6

## Salads

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Carbs (g)	Sugars (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)
Asian Sesame Chicken Salad	11.85 oz	330	17	2	34	6	32	65	1170	5
Bistro Steak Salad	8.4 oz	630	58	12	10	4	16	55	940	4
Caesar Salad	10.25 oz	390	26	8	22	1	13	110	750	3
Classic Cafe Salad	10.33 oz	390	37	5	14	8	3	0	350	4
Fandango Salad	9.5 oz	400	28	7	21	15	7	25	480	6
Grilled Chicken Caesar Salad	13 oz	500	33	8	19	2	36	125	1530	3
Greek Salad	14 oz	520	48	10	17	4	9	20	1560	5
Tomato & Fresh Mozzarella Salad	18.25 oz	790	55	21	50	12	30	85	790	6

## Pastries & Sweets

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Carbs (g)	Sugars (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)
Apple Croissant	3.5 oz	260	11	7	34	17	4	30	230	1
Apple Danish	5.5 oz	510	30	15	50	17	9	85	350	2
Apple Raisin Strudel	4.5 oz	390	22	6	40	18	4	0	330	1

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## Pastries & Sweets (continued)

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Carbs (g)	Sugars (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)
Banana Nut Muffie	3 oz	260	12	2	34	15	5	15	250	3
Banana Nut Muffin	5.75 oz	470	20	3	67	31	9	30	500	5
Bear Claw	4.25 oz	380	21	11	37	14	7	70	310	1
Blueberry Muffin	5.75 oz	450	15	3	73	33	8	35	570	4
Caramel Pecan Brownie	4 oz	470	24	5	60	47	5	80	150	2
Carrot Walnut Mini Bundt Cake	4.5 oz	430	21	3	51	31	6	75	340	2
Cheese Croissant	3.5 oz	300	16	10	34	11	6	45	220	1
Cheese Danish	5.5 oz	590	35	19	55	25	10	110	430	1
Cherry Danish	5.5 oz	520	26	14	60	31	8	85	340	1
Cherry Strudel	4.5 oz	400	24	6	38	20	5	0	290	1
Chocolate Chip Muffie	2.5 oz	240	10	3	36	18	4	15	240	2
Chocolate Chip Muffin	5.75 oz	540	22	8	83	42	8	30	550	5
Chocolate Chipper Cookie	3.25 oz	420	22	13	51	21	5	60	320	2
Chocolate Croissant	4 oz	440	23	13	56	27	7	35	180	4
Chocolate Duet Cookie with Walnuts	3.25 oz	410	25	17	47	24	6	60	320	3
Chocolate Hazelnut Macaroon	2.5 oz	270	15	10	30	18	3	0	90	3
Chocolate Raspberry Brownie	3.75 oz	370	18	5	47	37	2	75	130	2
Cinnamon Chip Scone	4.5 oz	560	27	16	70	23	10	150	440	2
Cinnamon Roll	6 oz	560	26	12	64	21	12	90	480	3
Cobblestone	6.5 oz	560	9	2	100	42	8	0	620	4
Coffee Cake (Cherry-Cheese)	2.3 oz	190	10	5	21	11	3	30	130	1
Georgia Peach Danish	5.5 oz	580	30	15	67	28	9	85	390	2
German Chocolate Danish	5.5 oz	770	46	24	83	37	10	85	570	4
Goosey Butter Danish	5.5 oz	770	43	20	88	30	11	100	480	2
Lemon Poppysseed Mini Bundt Cake	4.5 oz	460	20	4	62	33	6	90	430	1
Low Fat Tripleberry Muffin	5 oz	300	3	0.5	63	28	6	30	320	3
Nutty Chocolate Chipper Cookie	3.25 oz	440	26	12	46	20	6	55	300	3
Nutty Oatmeal Raisin Cookie	3.25 oz	350	14	7	51	22	5	45	260	3
Orange Scone	4.5 oz	530	25	15	67	22	10	140	370	3
Pecan Roll	4.5 oz	520	31	6	60	26	6	40	260	2
Pineapple Upside-Down Mini Bundt Cake	6 oz	450	20	8	64	36	5	70	490	2
Pumpkin Muffie	3 oz	270	6	2	43	26	3	30	270	1
Pumpkin Muffin	5.75 oz	510	12	3	80	48	6	60	530	1
Raspberry Cheese Croissant	3.5 oz	280	13	8	37	14	5	35	190	1
Shortbread Cookie	2.5 oz	340	21	13	36	11	3	60	160	1
Very Chocolate Brownie	4 oz	460	22	5	62	47	5	80	150	2

## Beverages

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Carbs (g)	Sugars (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)
Caffe Latte	8.5 oz	120	4.5	3	12	11	7	20	120	0
Caffe Mocha	11.5 oz	360	16	10	47	39	11	55	190	2
Cappuccino	8.5 oz	120	4.5	3	12	11	7	20	120	0
Caramel Latte	11 oz	400	16	9	54	46	9	55	450	0
Chai Tea Latte	10 oz	210	4.5	2.5	37	33	7	15	115	0
Homestyle Lemonade	16 oz	150	0	0	36	36	0	0	10	0
Homestyle Lemonade	20 oz	210	0	0	49	49	0	0	10	0
Hot Chocolate	11 oz	350	15	10	45	38	11	50	190	2
House Latte	10.8 oz	320	13	8	43	39	8	50	135	0
I.C. Cappuccino Chip	16 oz	590	35	26	64	56	5	70	125	0
I.C. Cappuccino Chip	20 oz	700	41	30	77	68	7	80	150	0
I.C. Caramel	16 oz	550	24	15	77	63	6	80	400	0
I.C. Caramel	20 oz	680	29	17	97	80	7	90	510	0
I.C. Honeydew Green Tea	16 oz	270	13	9	36	31	2	30	140	0
I.C. Honeydew Green Tea	20 oz	310	14	10	44	37	2	30	160	0
I.C. Mocha	16 oz	520	24	15	70	56	7	75	140	2

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## Beverages (continued)

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Carbs (g)	Sugars (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)
I.C. Mocha	20 oz	630	28	18	88	71	8	90	180	2
I.C. Spice	16 oz	470	22	13	66	56	4	70	80	0
I.C. Spice	20 oz	600	25	15	90	77	5	80	100	< 1
Iced Chai Tea Latte	16 oz	170	3.5	2	29	27	6	15	95	0
Iced Green Tea	16 oz	60	0	0	15	14	0	0	5	0
Iced Green Tea	20 oz	80	0	0	18	17	0	0	5	0