

# Bakery Nutrition Facts



Muffins	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrate		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron	Whole Grain Equiv
	g			g	%DV	g	%DV	g	mg	%DV	mg	%DV	g	%DV	g	%DV			g	g			
Blueberry, 1 muffin	142	450	170	19	29	3.5	18	0.5	90	30	350	15	65	22	2	8	38	7	4	0	6	6	-
Chocolate Chip, 1 muffin	142	540	220	24	37	5	25	0.5	105	35	360	15	75	25	2	8	48	8	4	0	6	10	-
Cinnamon Burst, 1 muffin	142	530	220	24	37	5	25	0.5	110	37	370	15	75	25	2	8	48	7	4	0	8	6	-
Corn, 1 muffin	142	500	180	20	31	2.5	13	0.5	110	37	370	15	73	24	1	4	34	8	4	0	6	6	-
French Vanilla w/ Cinnamon Streusel, 1 muffin	145	530	220	24	37	5	25	0.5	105	35	410	17	71	24	1	4	41	8	4	0	8	8	-
French Vanilla w/ Powdered Sugar, 1 muffin	135	480	200	22	34	4.5	23	0.5	105	35	410	17	64	21	1	4	37	7	4	0	6	6	-
Double Chocolate Chip, 1 muffin	142	520	230	25	38	6	30	0	90	30	450	19	4	21	3	12	44	8	2	0	8	20	-
Lemon Poppyseed, 1 muffin	142	500	200	22	33	4.5	22	0	95	32	400	17	68	23	1	6	42	8	4	0	15	6	-
Banana Walnut, 1 muffin	142	520	260	29	45	4.5	23	0.5	85	28	340	14	59	20	2	8	34	8	4	10	8	8	-
Apple Cinnamon, 1 muffin	142	490	180	20	31	6	30	0.5	65	22	320	13	75	25	2	8	49	6	4	0	6	8	-
Tripleberry Muffin, 1 muffin	142	450	180	20	31	2.5	13	0.5	115	38	360	15	63	21	2	8	36	7	4	4	6	4	-
Peach, 1 muffin	142	440	170	19	29	4	20	0.5	85	28	540	23	64	21	<1	4	38	7	4	45	6	6	-
Whole Grain Carrot Apple, 1 muffin	99	330	150	17	26	3.5	18	0	35	12	330	14	41	14	4	16	25	5	45	4	4	10	1
Whole Grain Cranberry Walnut Muffin, 1 muffin	90	310	150	16	25	3	15	0	60	20	220	9	37	12	3	12	21	5	2	4	8	6	1
Whole Grain Pumpkin Muffin, 1 muffin	89	310	140	16	25	3	15	0	55	18	230	10	39	13	3	12	23	4	45	0	8	8	1