

Nutritional Information Recipe List (values per typical serving)

Recipe Name	Energy (kcal)	Energy (KJ)	Fat (g)	saturates (g)	mono (g)	poly (g)	Carb (g)	Starch (g)	Sugars (g)	Protein (g)	Fibre (g)	Sodium (mg)
Banana 4 oz Muffin	375.3	0.0	15.0	1.4	0.0	0.0	55.1	0.0	31.1	4.9	2.4	354.9
Banana 7oz Muffin	656.9	0.0	26.3	2.5	0.0	0.0	96.4	0.0	54.4	8.5	4.2	621.1
Blueberry 4oz Muffin	350.4	0.0	13.5	1.3	0.0	0.0	52.4	0.0	24.5	5.0	2.3	302.8
Blueberry 7 oz Muffin	613.2	0.0	23.6	2.3	0.0	0.0	91.7	0.0	42.9	8.7	4.0	529.9
Bran Raisin 4oz Muffin	332.3	0.0	12.7	1.1	0.0	0.0	48.2	0.0	24.3	6.1	7.4	280.1
Bran Raisin 7oz Muffin	581.4	0.0	22.2	1.9	0.0	0.0	84.3	0.0	42.5	10.7	12.9	490.2
Caramel Coffee 4oz Muffin	362.9	0.0	12.7	0.7	0.0	0.0	56.7	0.0	28.1	5.4	1.8	281.2
Caramel Coffee 7oz Muffin	635.0	0.0	22.3	1.2	0.0	0.0	99.2	0.0	49.2	9.5	3.2	492.1
Carrot 4oz Muffin	353.8	0.0	13.2	1.1	0.0	0.0	54.0	0.0	28.2	5.0	2.6	261.9
Carrot 7oz Muffin	619.2	0.0	23.0	1.9	0.0	0.0	94.5	0.0	49.4	8.7	4.6	458.4
Chocolate Chunk 4oz Muffin	379.9	0.0	14.8	0.9	0.0	0.0	55.5	0.0	28.6	6.1	2.4	297.1
Chocolate Chunk 7oz Muffin	664.8	0.0	25.9	1.6	0.0	0.0	97.0	0.0	50.0	10.7	4.2	519.9
Cornmeal 4oz Muffin	385.6	0.0	16.7	1.4	0.0	0.0	52.8	0.0	20.0	6.0	2.2	520.5
Cornmeal 7oz Muffin	674.7	0.0	29.3	2.4	0.0	0.0	92.5	0.0	34.9	10.5	3.8	910.9
Cranberry Orange 4 oz Muffin	408.2	0.0	7.9	1.1	0.0	0.0	68.0	0.0	39.7	5.7	3.4	374.2
Cranberry Orange 7oz Muffin	714.4	0.0	13.9	2.0	0.0	0.0	119.1	0.0	69.5	9.9	6.0	654.9
Double Chocolate 4 oz Muffin	377.6	0.0	12.6	1.8	0.0	0.0	60.7	0.0	35.7	5.2	2.8	297.1
Double Chocolate 7oz Muffin	660.8	0.0	22.1	3.1	0.0	0.0	106.2	0.0	62.5	9.1	5.0	519.9
Extreme Fruit 4oz Muffin	313.0	0.0	9.8	0.9	0.0	0.0	50.8	0.0	26.1	5.4	6.7	316.4
Extreme Fruit 7oz Muffin	547.7	0.0	17.2	1.6	0.0	0.0	88.9	0.0	45.6	9.5	11.7	553.7
Lemon Cranberry 4oz Muffin	300.5	0.0	8.3	2.0	2.4	3.2	51.0	0.0	20.9	5.6	5.8	128.1
Lemon Cranberry 7oz Muffin	525.9	0.0	14.5	3.6	4.2	5.6	89.3	0.0	36.5	9.7	10.1	224.2
Morning Glory 4oz Muffin	357.2	0.0	13.9	0.0	0.0	0.0	52.8	0.0	29.3	5.1	2.8	359.5
Morning Glory 7oz Muffin	625.1	0.0	24.3	0.0	0.0	0.0	92.5	0.0	51.2	8.9	5.0	629.1
Oat N Apple 4oz Muffin	359.5	-	11.1	1.1	-	-	59.1	-	30.6	5.7	3.2	404.8
Oat N Apple 7oz Muffin	629.1	0.0	19.4	1.9	0.0	0.0	103.4	0.0	53.6	9.9	5.6	708.5
Raspberry Yogurt 7oz Muffin	623.1	0.0	21.1	3.1	0.0	0.0	98.2	0.0	47.2	10.1	3.6	521.9
Summer Berry 4oz Muffin	369.7	0.0	13.6	1.6	0.0	0.0	56.8	0.0	28.6	5.2	1.8	368.5
Summer Berry 7oz Muffin	646.9	0.0	23.8	2.8	0.0	0.0	99.4	0.0	50.0	9.1	3.2	645.0