

Standard Nutritional Information - Recipe Report

Banana 4 oz Muffin

Category: Sweet Spot

Standard Nutritional Information

(Typical Values)

	per 100g (g)	per serving (g)
Energy (kCal)	331.0	375.3
Energy (kJ)	-	-
Total Fat	13.3	15.0
<i>saturates</i>	1.3	1.4
<i>mono-unsaturates</i>	-	-
<i>poly-unsaturates</i>	-	-
Carbohydrate	48.6	55.1
<i>starch</i>	-	-
<i>total sugars</i>	27.4	31.1
Protein	4.3	4.9
Fibre (AOAC)	2.1	2.4
Sodium (mg)	313.0	354.9

Standard Nutritional Information - Recipe Report

Banana 7oz Muffin

Banana 7oz Muffin

Category: Sweet Spot

Standard Nutritional Information

(Typical Values)

	per 100g (g)	per serving (g)
Energy (kCal)	331.0	656.9
Energy (kJ)	-	-
Total Fat	13.3	26.3
<i>saturates</i>	1.3	2.5
<i>mono-unsaturates</i>	-	-
<i>poly-unsaturates</i>	-	-
Carbohydrate	48.6	96.4
<i>starch</i>	-	-
<i>total sugars</i>	27.4	54.4
Protein	4.3	8.5
Fibre (AOAC)	2.1	4.2
Sodium (mg)	313.0	621.1

Standard Nutritional Information - Recipe Report

Blueberry 4oz Muffin

Category: Sweet Spot

Standard Nutritional Information

(Typical Values)

	per 100g (g)	per serving (g)
Energy (kCal)	309.0	350.4
Energy (kJ)	-	-
Total Fat	11.9	13.5
<i>saturates</i>	1.2	1.3
<i>mono-unsaturates</i>	-	-
<i>poly-unsaturates</i>	-	-
Carbohydrate	46.2	52.4
<i>starch</i>	-	-
<i>total sugars</i>	21.6	24.5
Protein	4.4	5.0
Fibre (AOAC)	2.0	2.3
Sodium (mg)	267.0	302.8

Standard Nutritional Information - Recipe Report

Blueberry 7 oz Muffin

Blueberry 7 oz Muffin

Category: Sweet Spot

Standard Nutritional Information

(Typical Values)

	per 100g (g)	per serving (g)
Energy (kCal)	309.0	613.2
Energy (kJ)	-	-
Total Fat	11.9	23.6
<i>saturates</i>	1.2	2.3
<i>mono-unsaturates</i>	-	-
<i>poly-unsaturates</i>	-	-
Carbohydrate	46.2	91.7
<i>starch</i>	-	-
<i>total sugars</i>	21.6	42.9
Protein	4.4	8.7
Fibre (AOAC)	2.0	4.0
Sodium (mg)	267.0	529.9

Standard Nutritional Information - Recipe Report

Bran Raisin 4oz Muffin

Category: Sweet Spot

Standard Nutritional Information

(Typical Values)

	per 100g (g)	per serving (g)
Energy (kCal)	293.0	332.3
Energy (kJ)	-	-
Total Fat	11.2	12.7
<i>saturates</i>	1.0	1.1
<i>mono-unsaturates</i>	-	-
<i>poly-unsaturates</i>	-	-
Carbohydrate	42.5	48.2
<i>starch</i>	-	-
<i>total sugars</i>	21.4	24.3
Protein	5.4	6.1
Fibre (AOAC)	6.5	7.4
Sodium (mg)	247.0	280.1

Standard Nutritional Information - Recipe Report

Bran Raisin 7oz Muffin

Category: Sweet Spot

Standard Nutritional Information

(Typical Values)

	per 100g (g)	per serving (g)
Energy (kCal)	293.0	581.4
Energy (kJ)	-	-
Total Fat	11.2	22.2
<i>saturates</i>	1.0	1.9
<i>mono-unsaturates</i>	-	-
<i>poly-unsaturates</i>	-	-
Carbohydrate	42.5	84.3
<i>starch</i>	-	-
<i>total sugars</i>	21.4	42.5
Protein	5.4	10.7
Fibre (AOAC)	6.5	12.9
Sodium (mg)	247.0	490.2

Standard Nutritional Information - Recipe Report

Caramel Coffee 4oz Muffin

Category: Sweet Spot

Standard Nutritional Information

(Typical Values)

	per 100g (g)	per serving (g)
Energy (kCal)	320.0	362.9
Energy (kJ)	-	-
Total Fat	11.2	12.7
<i>saturates</i>	0.6	0.7
<i>mono-unsaturates</i>	-	-
<i>poly-unsaturates</i>	-	-
Carbohydrate	50.0	56.7
<i>starch</i>	-	-
<i>total sugars</i>	24.8	28.1
Protein	4.8	5.4
Fibre (AOAC)	1.6	1.8
Sodium (mg)	248.0	281.2

Standard Nutritional Information - Recipe Report

Caramel Coffee 7oz Muffin

Category: Sweet Spot

Standard Nutritional Information

(Typical Values)

	per 100g (g)	per serving (g)
Energy (kCal)	320.0	635.0
Energy (kJ)	-	-
Total Fat	11.2	22.3
<i>saturates</i>	0.6	1.2
<i>mono-unsaturates</i>	-	-
<i>poly-unsaturates</i>	-	-
Carbohydrate	50.0	99.2
<i>starch</i>	-	-
<i>total sugars</i>	24.8	49.2
Protein	4.8	9.5
Fibre (AOAC)	1.6	3.2
Sodium (mg)	248.0	492.1

Standard Nutritional Information - Recipe Report

Carrot 4oz Muffin

Category: Sweet Spot

Standard Nutritional Information

(Typical Values)

	per 100g (g)	per serving (g)
Energy (kCal)	312.0	353.8
Energy (kJ)	-	-
Total Fat	11.6	13.2
<i>saturates</i>	1.0	1.1
<i>mono-unsaturates</i>	-	-
<i>poly-unsaturates</i>	-	-
Carbohydrate	47.6	54.0
<i>starch</i>	-	-
<i>total sugars</i>	24.9	28.2
Protein	4.4	5.0
Fibre (AOAC)	2.3	2.6
Sodium (mg)	231.0	261.9

Standard Nutritional Information - Recipe Report

Carrot 7oz Muffin

Category: Sweet Spot

Standard Nutritional Information

(Typical Values)

	per 100g (g)	per serving (g)
Energy (kCal)	312.0	619.2
Energy (kJ)	-	-
Total Fat	11.6	23.0
<i>saturates</i>	1.0	1.9
<i>mono-unsaturates</i>	-	-
<i>poly-unsaturates</i>	-	-
Carbohydrate	47.6	94.5
<i>starch</i>	-	-
<i>total sugars</i>	24.9	49.4
Protein	4.4	8.7
Fibre (AOAC)	2.3	4.6
Sodium (mg)	231.0	458.4

Standard Nutritional Information - Recipe Report

Chocolate Chunk 4oz Muffin

Category: Sweet Spot

Standard Nutritional Information

(Typical Values)

	per 100g (g)	per serving (g)
Energy (kCal)	335.0	379.9
Energy (kJ)	-	-
Total Fat	13.0	14.8
<i>saturates</i>	0.8	0.9
<i>mono-unsaturates</i>	-	-
<i>poly-unsaturates</i>	-	-
Carbohydrate	48.9	55.5
<i>starch</i>	-	-
<i>total sugars</i>	25.2	28.6
Protein	5.4	6.1
Fibre (AOAC)	2.1	2.4
Sodium (mg)	262.0	297.1

Standard Nutritional Information - Recipe Report

Chocolate Chunk 7oz Muffin

Category: Sweet Spot

Standard Nutritional Information

(Typical Values)

	per 100g (g)	per serving (g)
Energy (kCal)	335.0	664.8
Energy (kJ)	-	-
Total Fat	13.0	25.9
<i>saturates</i>	0.8	1.6
<i>mono-unsaturates</i>	-	-
<i>poly-unsaturates</i>	-	-
Carbohydrate	48.9	97.0
<i>starch</i>	-	-
<i>total sugars</i>	25.2	50.0
Protein	5.4	10.7
Fibre (AOAC)	2.1	4.2
Sodium (mg)	262.0	519.9

Standard Nutritional Information - Recipe Report

Cornmeal 4oz Muffin

Category: Sweet Spot

Standard Nutritional Information

(Typical Values)

	per 100g (g)	per serving (g)
Energy (kCal)	340.0	385.6
Energy (kJ)	-	-
Total Fat	14.8	16.7
<i>saturates</i>	1.2	1.4
<i>mono-unsaturates</i>	-	-
<i>poly-unsaturates</i>	-	-
Carbohydrate	46.6	52.8
<i>starch</i>	-	-
<i>total sugars</i>	17.6	20.0
Protein	5.3	6.0
Fibre (AOAC)	1.9	2.2
Sodium (mg)	459.0	520.5

Standard Nutritional Information - Recipe Report

Cornmeal 7oz Muffin

Category: Sweet Spot

Standard Nutritional Information

(Typical Values)

	per 100g (g)	per serving (g)
Energy (kCal)	340.0	674.7
Energy (kJ)	-	-
Total Fat	14.8	29.3
<i>saturates</i>	1.2	2.4
<i>mono-unsaturates</i>	-	-
<i>poly-unsaturates</i>	-	-
Carbohydrate	46.6	92.5
<i>starch</i>	-	-
<i>total sugars</i>	17.6	34.9
Protein	5.3	10.5
Fibre (AOAC)	1.9	3.8
Sodium (mg)	459.0	910.9

Standard Nutritional Information - Recipe Report

Cranberry Orange 4 oz Muffin

Category: Sweet Spot

Standard Nutritional Information

(Typical Values)

	per 100g (g)	per serving (g)
Energy (kCal)	-	-
Energy (kJ)	-	-
Total Fat	-	-
<i>saturates</i>	-	-
<i>mono-unsaturates</i>	-	-
<i>poly-unsaturates</i>	-	-
Carbohydrate	-	-
<i>starch</i>	-	-
<i>total sugars</i>	-	-
Protein	-	-
Fibre (AOAC)	-	-
Sodium (mg)	-	-

Standard Nutritional Information - Recipe Report

Cranberry Orange 7oz Muffin

Category: Sweet Spot

Standard Nutritional Information

(Typical Values)

	per 100g (g)	per serving (g)
Energy (kCal)	-	-
Energy (kJ)	-	-
Total Fat	-	-
<i>saturates</i>	-	-
<i>mono-unsaturates</i>	-	-
<i>poly-unsaturates</i>	-	-
Carbohydrate	-	-
<i>starch</i>	-	-
<i>total sugars</i>	-	-
Protein	-	-
Fibre (AOAC)	-	-
Sodium (mg)	-	-

Standard Nutritional Information - Recipe Report

Double Chocolate 4 oz Muffin

Category: Sweet Spot

Standard Nutritional Information

(Typical Values)

	per 100g (g)	per serving (g)
Energy (kCal)	333.0	377.6
Energy (kJ)	-	-
Total Fat	11.1	12.6
<i>saturates</i>	1.6	1.8
<i>mono-unsaturates</i>	-	-
<i>poly-unsaturates</i>	-	-
Carbohydrate	53.5	60.7
<i>starch</i>	-	-
<i>total sugars</i>	31.5	35.7
Protein	4.6	5.2
Fibre (AOAC)	2.5	2.8
Sodium (mg)	262.0	297.1

Standard Nutritional Information - Recipe Report

Double Chocolate 7oz Muffin

Category: Sweet Spot

Standard Nutritional Information

(Typical Values)

	per 100g (g)	per serving (g)
Energy (kCal)	333.0	660.8
Energy (kJ)	-	-
Total Fat	11.1	22.1
<i>saturates</i>	1.6	3.1
<i>mono-unsaturates</i>	-	-
<i>poly-unsaturates</i>	-	-
Carbohydrate	53.5	106.2
<i>starch</i>	-	-
<i>total sugars</i>	31.5	62.5
Protein	4.6	9.1
Fibre (AOAC)	2.5	5.0
Sodium (mg)	262.0	519.9

Standard Nutritional Information - Recipe Report

Extreme Fruit 4oz Muffin

Category: Sweet Spot

Standard Nutritional Information

(Typical Values)

	per 100g (g)	per serving (g)
Energy (kCal)	276.0	313.0
Energy (kJ)	-	-
Total Fat	8.7	9.8
<i>saturates</i>	0.8	0.9
<i>mono-unsaturates</i>	-	-
<i>poly-unsaturates</i>	-	-
Carbohydrate	44.8	50.8
<i>starch</i>	-	-
<i>total sugars</i>	23.0	26.1
Protein	4.8	5.4
Fibre (AOAC)	5.9	6.7
Sodium (mg)	279.0	316.4

Standard Nutritional Information - Recipe Report

Extreme Fruit 7oz Muffin

Category: Sweet Spot

Standard Nutritional Information

(Typical Values)

	per 100g (g)	per serving (g)
Energy (kCal)	276.0	547.7
Energy (kJ)	-	-
Total Fat	8.7	17.2
<i>saturates</i>	0.8	1.6
<i>mono-unsaturates</i>	-	-
<i>poly-unsaturates</i>	-	-
Carbohydrate	44.8	88.9
<i>starch</i>	-	-
<i>total sugars</i>	23.0	45.6
Protein	4.8	9.5
Fibre (AOAC)	5.9	11.7
Sodium (mg)	279.0	553.7

Standard Nutritional Information - Recipe Report

Lemon Cranberry 4oz Muffin

Category: Sweet Spot

Standard Nutritional Information

(Typical Values)

	per 100g (g)	per serving (g)
Energy (kCal)	-	-
Energy (kJ)	-	-
Total Fat	-	-
<i>saturates</i>	-	-
<i>mono-unsaturates</i>	-	-
<i>poly-unsaturates</i>	-	-
Carbohydrate	-	-
<i>starch</i>	-	-
<i>total sugars</i>	-	-
Protein	-	-
Fibre (AOAC)	-	-
Sodium (mg)	-	-

Standard Nutritional Information - Recipe Report

Lemon Cranberry 7oz Muffin

Category: Sweet Spot

Standard Nutritional Information

(Typical Values)

	per 100g (g)	per serving (g)
Energy (kCal)	-	-
Energy (kJ)	-	-
Total Fat	-	-
<i>saturates</i>	-	-
<i>mono-unsaturates</i>	-	-
<i>poly-unsaturates</i>	-	-
Carbohydrate	-	-
<i>starch</i>	-	-
<i>total sugars</i>	-	-
Protein	-	-
Fibre (AOAC)	-	-
Sodium (mg)	-	-

Standard Nutritional Information - Recipe Report

Morning Glory 4oz Muffin

Category: Sweet Spot

Standard Nutritional Information

(Typical Values)

	per 100g (g)	per serving (g)
Energy (kCal)	315.0	357.2
Energy (kJ)	-	-
Total Fat	12.3	13.9
<i>saturates</i>	-	-
<i>mono-unsaturates</i>	-	-
<i>poly-unsaturates</i>	-	-
Carbohydrate	46.6	52.8
<i>starch</i>	-	-
<i>total sugars</i>	25.8	29.3
Protein	4.5	5.1
Fibre (AOAC)	2.5	2.8
Sodium (mg)	317.0	359.5

Standard Nutritional Information - Recipe Report

Morning Glory 7oz Muffin

Category: Sweet Spot

Standard Nutritional Information

(Typical Values)

	per 100g (g)	per serving (g)
Energy (kCal)	315.0	625.1
Energy (kJ)	-	-
Total Fat	12.3	24.3
<i>saturates</i>	-	-
<i>mono-unsaturates</i>	-	-
<i>poly-unsaturates</i>	-	-
Carbohydrate	46.6	92.5
<i>starch</i>	-	-
<i>total sugars</i>	25.8	51.2
Protein	4.5	8.9
Fibre (AOAC)	2.5	5.0
Sodium (mg)	317.0	629.1

Standard Nutritional Information - Recipe Report

Oat N Apple 4oz Muffin

Category: Sweet Spot

Standard Nutritional Information

(Typical Values)

	per 100g (g)	per serving (g)
Energy (kCal)	317.0	359.5
Energy (kJ)	-	-
Total Fat	9.8	11.1
<i>saturates</i>	1.0	1.1
<i>mono-unsaturates</i>	-	-
<i>poly-unsaturates</i>	-	-
Carbohydrate	52.1	59.1
<i>starch</i>	-	-
<i>total sugars</i>	27.0	30.6
Protein	5.0	5.7
Fibre (AOAC)	2.8	3.2
Sodium (mg)	357.0	404.8

Standard Nutritional Information - Recipe Report

Oat N Apple 7oz Muffin

Category: Sweet Spot

Standard Nutritional Information

(Typical Values)

	per 100g (g)	per serving (g)
Energy (kCal)	317.0	629.1
Energy (kJ)	-	-
Total Fat	9.8	19.4
<i>saturates</i>	1.0	1.9
<i>mono-unsaturates</i>	-	-
<i>poly-unsaturates</i>	-	-
Carbohydrate	52.1	103.4
<i>starch</i>	-	-
<i>total sugars</i>	27.0	53.6
Protein	5.0	9.9
Fibre (AOAC)	2.8	5.6
Sodium (mg)	357.0	708.5

Standard Nutritional Information - Recipe Report

Raspberry Yogurt 4oz Muffin

Category: Sweet Spot

Standard Nutritional Information

(Typical Values)

	per 100g (g)	per serving (g)
Energy (kCal)	314.0	356.1
Energy (kJ)	-	-
Total Fat	10.6	12.0
<i>saturates</i>	1.6	1.8
<i>mono-unsaturates</i>	-	-
<i>poly-unsaturates</i>	-	-
Carbohydrate	49.5	56.1
<i>starch</i>	-	-
<i>total sugars</i>	23.8	27.0
Protein	5.1	5.8
Fibre (AOAC)	1.8	2.0
Sodium (mg)	263.0	298.2

Standard Nutritional Information - Recipe Report

Raspberry Yogurt 7oz Muffin

Category: Sweet Spot

Standard Nutritional Information

(Typical Values)

	per 100g (g)	per serving (g)
Energy (kCal)	314.0	623.1
Energy (kJ)	-	-
Total Fat	10.6	21.1
<i>saturates</i>	1.6	3.1
<i>mono-unsaturates</i>	-	-
<i>poly-unsaturates</i>	-	-
Carbohydrate	49.5	98.2
<i>starch</i>	-	-
<i>total sugars</i>	23.8	47.2
Protein	5.1	10.1
Fibre (AOAC)	1.8	3.6
Sodium (mg)	263.0	521.9

Standard Nutritional Information - Recipe Report

Summer Berry 4oz Muffin

Summer Berry 4oz Muffin

Category: Sweet Spot

Standard Nutritional Information

(Typical Values)

	per 100g (g)	per serving (g)
Energy (kCal)	326.0	369.7
Energy (kJ)	-	-
Total Fat	12.0	13.6
<i>saturates</i>	1.4	1.6
<i>mono-unsaturates</i>	-	-
<i>poly-unsaturates</i>	-	-
Carbohydrate	50.1	56.8
<i>starch</i>	-	-
<i>total sugars</i>	25.2	28.6
Protein	4.6	5.2
Fibre (AOAC)	1.6	1.8
Sodium (mg)	325.0	368.5

Standard Nutritional Information - Recipe Report

Summer Berry 7oz Muffin

Summer Berry 7oz Muffin

Category: Sweet Spot

Standard Nutritional Information

(Typical Values)

	per 100g (g)	per serving (g)
Energy (kCal)	326.0	646.9
Energy (kJ)	-	-
Total Fat	12.0	23.8
<i>saturates</i>	1.4	2.8
<i>mono-unsaturates</i>	-	-
<i>poly-unsaturates</i>	-	-
Carbohydrate	50.1	99.4
<i>starch</i>	-	-
<i>total sugars</i>	25.2	50.0
Protein	4.6	9.1
Fibre (AOAC)	1.6	3.2
Sodium (mg)	325.0	645.0