

Bakery Muffin Nutritional Information

Item Name	Serving Size	Calories	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
Jumbo Muffins (200 - 700 Cals)											
Apple Spice Jumbo Muffin	1 muffin	680	34	8	0.5	75	550	85	3	42	8
Banana Nut Jumbo Muffin	1 muffin	590	33	6	0	75	450	66	1	34	7
Blueberry Jumbo Muffin with Streusel	1 muffin	650	32	8	0.5	70	540	82	2	39	7
Blueberry Jumbo Muffin with Sugar	1 muffin	520	26	5	0	70	460	65	1	33	6
Butter Rum Jumbo Muffin	1 muffin	570	29	8	0	75	450	70	1	40	6
Carrot Jumbo Muffin	1 muffin	580	30	6	0	75	560	75	4	37	6
Cherry Almond Jumbo Muffin	1 muffin	700	41	6	0	100	470	72	4	37	12
Cherry Jumbo Muffin	1 muffin	420	23	3.5	0.5	95	350	49	1	29	5
Chocolate Chip Jumbo Muffin	1 muffin	560	28	8	0	75	450	74	1	43	6
Cinnamon Chip Jumbo Muffin	1 muffin	540	27	7	0	75	440	68	1	39	6
Cranberry Nut Jumbo Muffin	1 muffin	460	26	4	0	95	360	53	3	30	6
Cranberry Orange Jumbo Muffin	1 muffin	560	27	5	0	75	530	72	2	41	6
Cream Cheese Jumbo Muffin	1 muffin	470	25	4.5	0.5	100	400	58	1	35	6
Double Dutch Chocolate Jumbo Muffin	1 muffin	610	34	8	0.5	75	540	73	3	45	6
Gingerbread Jumbo Muffin	1 muffin	570	28	5	0	80	480	73	1	41	6
Lemon Blueberry Jumbo Muffin	1 muffin	510	27	4.5	0	105	480	66	3	33	6
Lemon Poppy Seed Jumbo Muffin	1 muffin	570	30	6	0	80	490	68	1	37	6
Low-Fat Bran Jumbo Muffin	1 muffin	390	6	0	0	0	630	78	3	36	9
Mocha Chip Jumbo Muffin	1 muffin	580	30	7	0	75	460	72	1	40	7
Orange Pineapple Jumbo Muffin	1 muffin	540	27	4.5	0	75	540	66	0	36	6
Orange Jumbo Muffin	1 muffin	450	23	3.5	0.5	95	350	50	1	30	5
Pina Colada Jumbo Muffin	1 muffin	570	33	11	0	--	450	63	0	33	6
Pistachio Jumbo Muffin	1 muffin	590	33	6	0.5	80	500	68	1	37	7
Pumpkin Jumbo Muffin	1 muffin	510	26	5	0	75	450	62	1	32	6
Raisin Bran Jumbo Muffin	1 muffin	570	25	4.5	0	75	620	89	13	30	8
Red Velvet Jumbo Muffin	1 muffin	600	35	6	0.5	100	480	62	1	33	7
Salted Caramel Jumbo Muffin	1 muffin	540	26	8	0	75	480	69	0	42	6
S'more Jumbo Muffin	1 muffin	680	33	11	0	70	600	89	1	51	7
Strawberry Jumbo Muffin	1 muffin	560	28	5	0	90	470	72	1	39	6
Sweet and Sour Jumbo Muffin	1 muffin	510	27	4.5	0	75	480	63	0	33	6
Variety Pack Jumbo Muffins, 2 ct	1 muffin	660	33	8	0.5	80	540	84	2	45	7
Variety Pack Jumbo Muffins, 4 ct	1 muffin	640	33	7	0.5	90	540	77	1	42	7

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Variety Pack Jumbo Muffins, 9 ct	1 muffin	600	32	7	0.5	80	490	73	1	39	7
Cornbread Jumbo Muffin	1 muffin	530	29	5	0	75	500	61	1	25	6
Honey Butter Corn Bread Jumbo Muffins	1 muffin	200	6	1	0	35	410	33	0	13	3
Jalapeno Cheddar Corn Bread Jumbo Muffins	1 muffin	260	11	3.5	0	50	510	34	0	14	7
Mini Muffins (100 - 110 Cals)											
Almond Poppy Mini Muffin	1 muffin	110	7	1.5	0	15	80	12	1	6	2
Apple Cinnamon Mini Muffin	1 muffin	100	6	1	0	20	85	12	0	7	1
Banana Nut Mini Muffin	1 muffin	100	6	1	0	15	80	11	0	6	1
Blueberry Mini Muffin	1 muffin	100	5	1	0	15	80	11	0	6	1
Double Chocolate Mini Muffin	1 muffin	110	6	1.5	0	20	95	12	1	8	2
Lemon Mini Muffin	1 muffin	100	6	1	0	20	85	11	0	7	1