

RECIPE ANALYSIS

Recipe Name : O-06
Serving Size : 1 Muffin

Recipe Desc : Banana Nut Oat Bran Muffin
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 Muffin		
Amount Per Serving		
Calories 253.55	Calories from Fat 95.34	
% Daily Value		
Total Fat	10.59 g	16%
Saturated	1.59 g	8%
PolyUnSat	0.00 g	n/a
MonoUnSat	n/a	n/a
Cholesterol	0.31 mg	0%
Sodium	273.38 mg	11%
Potassium	89.19 mg	3%
Total Carbs	35.28 g	12%
Dietary Fiber	2.93 g	12%
Sugars	13.30 g	n/a
Protein	3.93 g	
Vitamin A - 0%	Vitamin C - 2%	
Calcium - 6%	Iron - 10%	
Vitamin E - n/a	Thiamin - 0%	
Riboflavin - 0%	Niacin - 0%	
Vitamin B6 - 2%	Folic Acid - 0%	
Vitamin B12 - n/a	Pantothenic Acid - 0%	
Phosphorous - 0%	Magnesium - 0%	
Zinc - 0%	Copper - 0%	
Percent Daily Values are based on a 2,000 calorie diet.		
Calories Per Gram:		
Fat 9 * Carbohydrates 4 * Protein 4		

Fat Soluble Vitamins	
Vitamin D	n/a
Vitamin D	n/a
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	n/a
Vitamin K	n/a
Vitamin A	5.056 IU
Vitamin A	1.010 RE

Water Soluble Vitamins	
Thiamin B1	0.000 mg
Riboflavin B2	0.000 mg
Niacin B3	n/a
Niacin B3	0.000 mg
Pyridoxine B6	0.039 mg
Cobalamin B12	n/a
Pantothenic Acid	0.000 mg
Vitamin C	1.291 mg
Folic Acid	0.000 mcg

Minerals	
Phosphorus	0.000 mg
Zinc	0.000 mg
Magnesium	0.000 mg
Copper	0.000 mg
Selenium	n/a
Iron	1.855 mg
Calcium	64.289 mg
Manganese	0.000 mg
Iodine	n/a

US Diabetic Exchanges	
Not Available.	
Starch	n/a
Fruit	n/a
Milk (Skim)	n/a
Milk (2%)	n/a
Milk (Whole)	n/a
Other Carbs	n/a
Vegetables	n/a
Meat (Very Lean)	n/a
Meat (Lean)	n/a
Meat (Med. Fat)	n/a
Meat (High Fat)	n/a
Fat	n/a

School Equivalents	
Not Available.	
Meat/Meat Alternative	n/a
Fruits/Vegetables	n/a
Grains/Breads	n/a

Source Of Calories



This nutritional information is based on calculations of available reference data and may not be suitable for Nutrition Facts label declarations. Further analysis to determine actual nutritional values for your final product may be necessary as specified by the Code of Federal Regulations, Title 21, Section 101.9.