

RECIPE ANALYSIS

Recipe Name : O-08
Serving Size : 4 ounce muffin

Recipe Desc : Blueberry Oat Bran Muffin
Prep Time :

Author :
Cook Time :

Yield : 30

Nutrition Information		
Serving Size: 4 ounce muffin		
Amount Per Serving		
Calories 14.17	Calories from Fat 0.00	
% Daily Value		
Total Fat	0.00 g	0%
Saturated	0.00 g	0%
PolyUnSat	0.00 g	n/a
MonoUnSat	0.00 g	n/a
Cholesterol	0.00 mg	0%
Sodium	2.66 mg	0%
Potassium	0.00 mg	0%
Total Carbs	3.37 g	1%
Dietary Fiber	0.53 g	2%
Sugars	2.13 g	n/a
Protein	0.00 g	
Vitamin A - 0%	Vitamin C - 1%	
Calcium - 0%	Iron - 0%	
Vitamin E - n/a	Thiamin - 0%	
Riboflavin - 0%	Niacin - 0%	
Vitamin B6 - 0%	Folic Acid - 0%	
Vitamin B12 - 0%	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	0.000	mcg
Vitamin D	0.000	IU
Vitamin E	0.000	mg
Vitamin E	0.000	IU
Vitamin E	0.000	alp
Vitamin K	0.000	mcg
Vitamin A	0.000	IU
Vitamin A	0.000	RE

Water Soluble Vitamins		
Thiamin B1	0.000	mg
Riboflavin B2	0.000	mg
Niacin B3	0.000	NE
Niacin B3	0.000	mg
Pyridoxine B6	0.000	mg
Cobalamin B12	0.000	mcg
Pantothenic Acid	0.000	mg
Vitamin C	0.425	mg
Folic Acid	0.000	mcg

Minerals		
Phosphorus	0.000	mg
Zinc	0.000	mg
Magnesium	0.000	mg
Copper	0.000	mg
Selenium	0.000	mg
Iron	0.064	mg
Calcium	0.000	mg
Manganese	0.000	mg
Iodine	0.000	mcg

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

