

RECIPE ANALYSIS

Recipe Name : O-54
Serving Size : 1 Muffin

Recipe Desc : Raisin Bran Muffins
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 Muffin		
Amount Per Serving		
Calories 345.48	Calories from Fat 101.16	
	% Daily Value	
Total Fat	11.24 g	17%
Saturated	2.05 g	10%
PolyUnSat	5.98 g	n/a
MonoUnSat	2.44 g	n/a
Cholesterol	37.20 mg	12%
Sodium	423.28 mg	18%
Potassium	142.01 mg	4%
Total Carbs	57.69 g	19%
Dietary Fiber	2.72 g	11%
Sugars	7.87 g	n/a
Protein	6.28 g	
Vitamin A - 5%	Vitamin C - 1%	
Calcium - 6%	Iron - 14%	
Vitamin E - n/a	Thiamin - 18%	
Riboflavin - 15%	Niacin - 14%	
Vitamin B6 - 8%	Folic Acid - 17%	
Vitamin B12 - 9%	Pantothenic Acid - 1%	
Phosphorous - 10%	Magnesium - 6%	
Zinc - 4%	Copper - 3%	
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	0.400 mcg
Vitamin D	15.981 IU
Vitamin E	n/a
Vitamin E	0.000 IU
Vitamin E	0.000 alp
Vitamin K	n/a
Vitamin A	246.556 IU
Vitamin A	49.311 RE

Water Soluble Vitamins	
Thiamin B1	0.268 mg
Riboflavin B2	0.263 mg
Niacin B3	n/a
Niacin B3	2.756 mg
Pyridoxine B6	0.159 mg
Cobalamin B12	0.523 mcg
Pantothenic Acid	0.101 mg
Vitamin C	0.384 mg
Folic Acid	69.313 mcg

Minerals	
Phosphorus	99.024 mg
Zinc	0.531 mg
Magnesium	24.441 mg
Copper	0.061 mg
Selenium	2.464 mg
Iron	2.501 mg
Calcium	57.830 mg
Manganese	0.002 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

