

**MUFFINS**

UPC_EAN	Item Name	Serving	Serving Size(g)	Calories	Calories From Fat	Fat(g)	Saturated Fat(g)	Trans Fat(g)	Cholesterol(mg)	Protein(g)	Sugar(g)	Sodium(mg)	Dietary Fiber(g)	Carbohydrates(g)
0210086000003	GOURMET APPLE SPICE MUFFINS	1 Each	167	600	260	29	6	0	80	6	44	460	1	77
0021008000000	GOURMET ART. FLAVOR PISTACHIO	1 Each	167	640	300	34	6	0.5	80	7	45	510	1	78
0210072000000	GOURMET BANANA NUT MUFFIN	1 Each	167	620	520	58	6	0	75	6	45	480	0	77
0210073000009	GOURMET BLUEBERRY MUFFINS	1 Each	167	590	250	28	5	26	75	6	42	480	0	77
0210078000004	GOURMET BUTTER RUM MUFFIN	1 Each	167	640	280	31	8	0	75	6	51	480	0	83
0210079000003	GOURMET CHERRY ALMOND MUFFINS	1 Each	167	600	260	28	6	0	100	7	46	460	1	79
0210085000004	GOURMET CHOC. CHIP MUFFINS	1 Each	167	600	250	27	7	0	75	6	49	440	1	81
0210095000001	GOURMET CINNAMON CHIP MUFFINS	1 Each	167	600	250	28	8	0	75	6	49	440	1	81
0210074000008	GOURMET CORN MUFFINS	1 Each	160	560	260	29	5	0.5	75	6	32	480	2	68
0210082000007	GOURMET DOUBLE DUTCH MUFFINS	1 Each	167	630	300	33	8	0.5	75	7	50	540	3	80
0210088000001	GOURMET GINGERBREAD MUFFINS	1 Each	167	640	270	30	6	0.5	80	6	51	480	1	85
0210092000004	GOURMET LEMON POPPY MUFFINS	1 Each	167	620	280	31	6	0	80	7	45	500	0	79
0210083000006	GOURMET PINA COLADA MUFFINS	1 Each	167	600	270	30	8	0	75	6	45	450	2	77
0210091000005	GOURMET PUMPKIN MUFFINS	1 Each	167	580	250	28	5	0	75	6	42	450	1	75
0210081000008	GOURMET RAISIN BRAN MUFFINS	1 Each	160	520	210	24	4.5	0	70	6	39	450	4	73
0021006900000	GOURMET STRAWBERRY MUFFINS	1 Each	167	630	260	29	6	0	90	6	48	490	1	83
0021329000000	LARGE SINGLE APPLE CINNAMON MUFFIN	1 Each	113	400	180	20	4.5	0	60	5	29	330	1	51
0213291000004	LARGE SINGLE BANANA NUT MUFFIN	1 each	113	420	190	21	3.5	0	45	5	29	330	1	52
0201329300000	LARGE SINGLE BLUEBERRY MUFFIN	1 Each	113	390	170	19	3.5	0	55	5	28	330	1	50
0213293000002	LARGE SINGLE CHOCOLATE CHIP MUFFIN	1 each	113	430	200	22	5	0	55	5	33	320	1	55
0021328900000	LARGE SINGLE CORN MUFFIN	1 Each	113	420	170	19	3.5	0	65	5	27	320	1	57
0213294000001	LARGE SINGLE HONEY BRAN MUFFIN	1 each	113	410	180	20	3.5	0	65	5	30	340	2	54