NUTRITIONAL INFORMATION

mmmuffins	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
mmmuffins®															
Banana Chocolate Chip Muffin	113	470	28	3	0.3	50	340	51	2	25	5	4	2	2	15
Banana Split Muffin	120	490	28	4	0.3	45	320	51	2	23	5	4	15	2	15
Banana Yogourt Muffin	113	360	16	2	0.2	50	340	49	1	23	5	2	2	2	15
Blueberry Chocolate Chip Muffin	113	460	28	2.5	0.3	45	340	49	2	23	5	4	0	2	15
Blueberry Cobbler Muffin	144	570	33	4	0.4	60	410	63	2	27	6	4	2	2	20
Blueberry Yogourt Muffin	113	350	16	2	0.2	50	340	46	2	21	5	2	0	2	15
Carrot Muffin	129	550	30	3	0.3	60	350	67	3	31	6	35	6	8	20
Carrot Nut Muffin	113	500	24	3	0.2	50	290	56	3	25	7	30	4	8	20
Cheddar Cheese Muffin	143	640	42	11	0.3	95	620	51	1	21	14	4	0	2	15
Chocolate Chip Oatmeal Muffin	113	440	24	2	0.2	45	35	54	2	33	6	2	0	2	10
Chocolate Fudge Muffin	129	430	19	3.5	0.2	40	520	61	2	29	5	2	0	2	20
Chocolate Fudge Nut Muffin	117	430	16	3.5	0.1	30	430	52	2	24	6	2	0	2	20
Chocolatey Cappuccino Muffin	131	590	35	5	0.3	55	400	65	3	33	6	4	0	2	25
Cornmeal Muffin	133	570	34	3.5	0.3	75	310	58	1	17	6	2	0	2	15
Cornmeal'n Cheddar Muffin	128	540	36	8	0.5	90	420	44	1	12	12	2	0	15	15
Cranberry & Wild Blueberry Muffin	128	480	29	2.5	0.3	50	360	51	2	22	5	4	4	2	15
Cranberry Lemon Muffin	128	510	30	3.5	0.3	55	360	56	2	25	5	4	6	2	15
Cranberry Orange Muffin	132	500	30	2.5	0.3	55	370	53	3	21	5	4	20	2	15
Cranberry Peach Muffin	113	440	26	2.5	0.3	45	330	46	2	20	5	4	4	2	15
Cranberry Pecan Flax Seed Muffin	129	350	10	1	0.1	20	630	57	6	28	12	0	10	25	15

mmmuffins	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
mmmuffins®															
Fresh Apple Cinnamon Muffin	145	610	34	3	0.3	60	420	72	2	39	6	4	0	2	20
Fresh Banana Nut Muffin	136	570	36	3.5	0.3	55	400	58	2	26	6	4	2	2	20
Mmmorning Glory Muffins	113	470	27	3	0.3	45	340	51	2	20	5	20	2	2	15
Nutty Temptation Bran Muffin	113	440	26	3	0.2	45	320	47	8	22	8	2	0	6	25
Original Bran Muffin	113	410	24	2.5	0.2	55	360	46	7	22	7	2	0	4	20
Peach Muffin	113	460	28	2.5	0.3	50	350	48	1	22	5	4	0	2	15
Peach Oatmeal Muffin	113	380	20	2	0.2	45	40	45	1	26	5	2	0	2	15
Pina Colada Muffin	138	640	39	7	0.3	60	420	67	2	27	6	4	2	2	20
Pumpkin Muffin	113	510	29	3	0.3	55	330	60	2	29	6	2	2	8	20
Pumpkin'n Nut Muffin	136	620	36	3.5	0.3	70	380	69	3	32	8	10	4	10	25
Raisin and Spice Oatmeal Muffin	113	430	20	2	0.2	45	35	59	2	24	6	2	2	4	15
Raisin Bram Muffin	113	470	24	2.5	0.2	55	360	63	9	19	7	2	2	6	25
Real Strawberry Muffin	113	450	27	2.5	0.3	50	340	46	1	20	5	4	15	2	15
Strawberry Banana Muffin	113	440	26	2.5	0.3	45	330	47	2	21	5	4	10	2	15
Tropical Pineapple Crunch Muffin	113	490	28	3.5	0.3	50	350	56	1	28	5	4	4	2	15
Very Berry Muffin	113	440	27	2.5	0.3	45	340	46	2	20	5	4	8	2	15
Wild Blueberry Muffin	131	500	30	2.5	0.3	55	370	52	2	24	5	4	2	2	15

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mmmuffins	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
mmmuffins® - Low Fat															
Low Fat Apple Crunch Muffin	128	300	2.5	0.5	0	0	470	64	25	32	6	0	2	4	15
Low Fat Apple Raisin Bran Muffin	113	240	1.5	0.4	0	0	440	57	4	36	4	0	4	4	20
Low Fat Banana Bran Muffin	113	340	2.5	0.5	0	0	790	77	7	42	6	0	6	4	25
Low Fat Blueberry Bran Muffin	113	350	3	1	0	0	850	79	7	42	6	0	6	0	30
Low Fat Bran Muffin	131	300	2	0.5	0	0	630	69	5	41	6	0	4	6	25
Low Fat Cranberry & Wild Blueberry Muffin	113	230	2	0.5	0	0	440	50	23	23	5	0	4	4	15
Low Fat Cranberry Banana Oatmeal Muffin	132	260	2	0.5	0	0	15	57	3	32	6	0	6	2	15
Low Fat Cranberry Date Oatmeal Muffin	113	330	2	0.5	0	0	660	77	8	44	5	0	8	6	25
Low Fat Cranberry Lemon Oatmeal Muffin	129	240	1.5	0.5	0	0	15	52	3	28	5	0	8	2	15
Low Fat Cranberry Muffin	131	270	2.5	0.5	0	0	510	57	27	26	5	0	6	4	15
Low Fat Fresh Banana Muffin	128	290	2.5	0.5	0	0	450	63	24	32	6	0	4	4	15
Low Fat Peach Muffin	113	240	2	0.5	0	0	460	51	23	26	5	0	0	4	15
Low Fat Pineapple Bran Muffin	113	240	1.5	0.4	0	0	460	56	4	35	4	0	8	0	20
Low Fat Pineapple Oatmeal Muffin	113	240	1.5	0.5	0	0	15	52	2	32	5	0	6	2	10
Low Fat Raisin Bran Muffin	129	440	3	1	0	0	940	102	8	45	8	0	6	6	35
Low Fat Raspberry Peach Muffin	113	220	2	0.5	0	0	420	48	22	23	4	0	8	4	10
Low Fat Strawberry Banana Muffin	113	240	2	0.5	0	0	440	51	23	25	5	0	10	4	15
Low Fat Strawberry Bran Muffin	113	230	1.5	0.4	0	0	470	52	4	31	4	0	15	6	20
Low Fat Strawberry Kiwi Muffin	113	240	2	0.5	0	0	450	50	23	24	5	0	25	4	15
Low Fat Strawberry Muffin	113	230	2	0.5	0	0	440	49	23	23	5	0	15	4	15
Low Fat Tropical Lemon Dream Muffin	113	280	2	0.5	0	0	440	55	22	29	5	0	6	4	10

mmmuffins	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
mmmuffins® - Low Fat															
Low Fat Wild Blueberry Muffin	113	240	2	0.5	0	0	440	51	23	25	5	0	2	4	15
Low Fat Zesty Orange Poppyseed Muffin	128	260	3	1	0	0	480	55	26	24	5	0	30	6	15
Bruegger's Bagels															
Cinnamon Raisin Bagel	115	310	2	0	0	0	480	65	4	10	11	0	0	2	25
Egg & Cheese Bagel	186	530	20	5	0	280	1090	65	4	7	22	0	0	35	35
Egg, Cheese & Bacon Bagel	200	600	26	7	0	295	1310	66	4	8	26	0	0	35	35
Egg, Cheese & Sausage Bagel	242	750	40	13	0	320	1400	66	4	7	30	0	0	35	40
Everything Bagel	117	310	2.5	0	0	0	710	62	4	7	12	0	0	2	25
Herbs and Spices Bagel	30	60	5	3	0.1	15	130	3	0	2	2		0	0	0
Light Cream Cheese Bagel	30	60	5	3	0.1	15	125	2	0	2	2		0	0	0
Plain Bagel	115	300	2	0	0	0	540	60	4	6	11	0	0	2	25
Plain Bagel with Butter	136	450	19	11	0.5	45	650	61	4	7	12	15	0	2	25
Plain Bagel with Peanut Butter	158	550	23	4	0	0	730	70	6	11	21	0	0	2	30
Plain Bagel with Peanut Butter & Jelly	198	650	23	4	0	0	740	96	6	35	21	0	0	2	30
Plain Bagel with Cream Cheese	158	430	13	7	0	40	660	67	4	9	15	0	0	6	25
Poppy Bagel	116	310	2.5	0	0	0	610	61	4	7	12	0	0	2	25
Regular Cream Cheese	30	100	9	6	0.3	30	90						0	4	0
Sesame Bagel	116	310	3	0	0	0	610	60	4	7	12	0	0	2	50
Strawberry Cream Cheese	30	90	7	4.5	0.2	20	95	6	0	5	1		0	0	0
Wheat Bagel	115	320	3.5	0.4	0	0	570	61	7	7	13	0	0	2	25

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mmmuffins	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
Cookies															
Cranberry White Chocolate Oatmeal Cookie	64	280	13	8	0.3	45	135	35	2	20	4	8	0	4	6
Chocoblanco-Pecan Cookie	61	290	17	6	0.2	40	110	31	1	19	4	6	0	4	10
Cranberry White Chocolate Oatmeal Cookie	64	280	13	8	0.3	45	135	35	2	20	4	8	0	4	6
Decadent trois-choco-lots Cookie	75	340	16	9	0.3	40	120	48	1	36	4	6	0	6	10
Lemon White Chocolate Cookie	64	290	13	8	0	40	330	38	0	27	3	6	0	10	6
Mad for Macadamia Cookie	64	310	18	7	0.2	40	115	33	1	20	4	6	0	4	8
Mmmilky Chocochip	64	280	13	8	0.2	40	115	39	1	27	3	6	0	4	10
Oatmeal Decadence Cookie	75	350	19	11	0.3	50	280	43	2	27	5	8	0	8	10
Oatmeal Coconut Chew Cookie	61	270	15	10	0.3	45	290	32	2	10	4	10	0	6	8
Semi-sweet Sensations Cookie	75	340	16	9	0.2	40	110	47	2	32	4	6	0	4	15
Shortbread Cookie	57	280	16	9	0.4	50	160	32	0	11	2	0	0	0	10
Sugar Cookie	28	120	5	1.5	0.5	5	40	17	0	7	1	0	0	0	6
Triple Choco-java Cookie	57	240	11	6	0.2	40	120	35	1	23	3	0	0	4	10
Ultimate Oatmeal Cookie	61	250	10	6	0.3	45	270	35	2	20	4	8	0	6	8
Chocolate oooh-la-la	60	260	13	8	0.2	45	120	34	1	20	4	8	0	4	10
Pastries															
Blueberry Scone	131	270	8	2	2	10	720	44	2	7	6	0	2	4	20
Blueberry Cranberry Scone	113	230	6	1.5	1.5	0	630	39	2	5	5	0	4	2	15
Blueberry Scone	131	270	8	2	2	10	720	44	2	7	6	0	2	4	20
Blueberry White Chocolate Scone	113	280	9	3.5	1.5	5	620	43	2	12	5	0	2	4	15
Broccoli Cheddar Scone	113	280	10	3.5	2	15	760	40	2	5	8	0	20	8	20

mmmuffins	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
Pastries															
Butterscotch Pecan Scone	113	350	16	6	2	5	670	47	2	15	6	0	0	6	20
Cheddar Cheese Scone	133	370	15	7	2.5	35	970	48	1	5	12	0	0	4	20
Green Onion Cheddar Scone	113	290	10	3.5	2	10	780	41	2	5	8	0	4	10	20
Orange Scone	113	250	7	2	2	0	700	41	2	6	5	0	15	4	20
Original Scone	113	300	9	2	2.5	5	860	48	1	5	7	0	0	4	20
Raisin Scone	133	360	8	2	2	10	740	68	3	5	7	0	25	4	25
Raspberry White Chocolate Scone	113	280	9	3.5	1.5	5	620	43	2	11	5	0	10	6	15
Spinach Feta Scone	131	280	8	2.5	2	15	820	44	2	5	7	8	25	6	20
Cheese Twist	57	160	7	3	1	20	430	21	1	2	5	0	0	6	10
Green Black Olive Twist	57	140	5	1	1	10	470	21	1	2	3	0	0	2	10
Potato & Green Onion Twist	57	130	3.5	1	1	10	350	21	1	2	3	0	4	2	10
Spinach Feta Twist	57	140	4.5	1.5	1	10	400	21	1	3	4	2	6	4	10