



Sample Bakery Blueberry Muffins

Recipe Report

Source: Custom

Yield: 55.979 (3.000 ounce(s))

No. Ingredients: 9

Category: Basic Food

Manufacturer: (None)

Preparation

Preparation Method: Baked

Preparation Time:

Cooking Time:

Cooking Temp:

Ingredient	Kcal kcal	Protein g	Carb g	Fat g	Sodium mg	Vit A (IU) IU	Vit C mg	Calcium mg	Diet Fiber g	Sugar g
79.200 oz. BLUEBIRD GRAIN FARMS Wheat Berries, Hard Red	8121.227	334.404	1576.474	47.772	0.000	0.000	0.000	0.000	238.860	47.772
5.000 c. Blueberries, Unsweetened, Frozen	395.250	3.255	94.318	4.960	7.750	356.500	19.375	62.000	20.925	65.488
1.750 c. Sugar, Brown	957.600	0.302	247.187	0.000	70.560	0.000	0.000	209.160	0.000	244.490
5.000 item Egg, Raw	357.500	31.425	1.950	24.850	350.000	1217.500	0.000	132.500	0.000	1.925
1.000 c. CRISCO Oil, Pure Canola	1920.000	0.000	0.000	224.000	0.000	0.000	0.000	0.000	0.000	0.000
4.000 c. Milk, Buttermilk	393.683	32.577	47.144	8.661	1033.417	324.788	9.842	1141.680	0.000	47.144
1.000 T. YaYa's Homemade Vanilla Extract	36.288	0.008	1.594	0.008	1.134	0.000	0.000	1.386	0.000	1.594
2.000 t. Lemon Peel or Zest	1.880	0.060	0.640	0.012	0.240	2.000	5.160	5.360	0.424	0.167
1.000 T. Baking Soda	0.000	0.000	0.000	0.000	3775.680	0.000	0.000	0.000	0.000	0.000

Instructions



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Nutrition Facts Report

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79.200 oz. BLUEBIRD GRAIN FARMS Wheat Berries, Hard Red
5.000 c. Blueberries, Unsweetened, Frozen
1.750 c. Sugar, Brown
5.000 item Egg, Raw
1.000 c. CRISCO Oil, Pure Canola
4.000 c. Milk, Buttermilk
1.000 T. YaYa's Homemade Vanilla Extract
2.000 t. Lemon Peel or Zest
1.000 T. Baking Soda

Nutrition Facts

Serving Size 3.00 ounce(s) (85g)

Amount Per Serving			
Calories 218		Calories from Fat 50	
			% Daily Value
Total Fat	5.5g		9 %
Saturated Fat	0.5g		3 %
Trans Fat	0.0g		
Cholesterol	19.6mg		7 %
Sodium	93.6mg		4 %
Total Carbohydrate	35.2g		12 %
Dietary Fiber	4.6g		19 %
Sugars	7.3g		
Protein	7.2g		
Vitamin A	1 %	Calcium	3 %
Vitamin C	1 %	Iron	1 %

Instructions



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Nutrient Analysis

Source: Custom

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Manufacturer: (None)

Nutrient Goal Template:

DAILY VALUES/RDI - ADULT/CHILD

Nutrient	Value	Unit	Goal	%
Weight	85.049	g		
Kilocalories	217.645	kcal	2000.000	11 %
Protein	7.182	g	50.000	14 %
Carbohydrate	35.180	g	300.000	12 %
Fat, Total	5.543	g	65.000	9 %
Alcohol	0.077	g		
Cholesterol	19.594	mg	300.000	7 %
Saturated Fat	0.528	g	20.000	3 %
Monounsaturated Fat	2.800	g		
Polyunsaturated Fat	1.249	g		
MFA 18:1, Oleic	0.206	g		
PFA 18:2, Linoleic	0.078	g		
PFA 18:3, Linolenic	0.019	g		
PFA 20:5, EPA	0.000	g		
PFA 22:6, DHA	0.002	g		
Trans Fatty Acid	0.007	g		
Sodium	93.586	mg	2400.000	4 %
Potassium	46.444	mg	3500.000	1 %
Vitamin A (RE)	8.572	RE		
Vitamin A (IU)	33.956	IU	5000.000	1 %
Vitamin A (RAE)	7.762	µg		
Beta-Carotene	4.504	µg		
Alpha-Carotene	0.001	µg		
Lutein (+ Zeaxanthin)	24.210	µg		
Beta-Cryptoxanthin	0.434	µg		
Lycopene	0.000	µg		
Vitamin C	0.614	mg	60.000	1 %
Calcium	27.726	mg	1000.000	3 %
Iron	0.148	mg	18.000	1 %
Vitamin D (ug)	0.068	µg	10.000	1 %
Vitamin D (IU)	2.796	IU	400.000	1 %
Vitamin E (mg)	1.161	mg	20.000	6 %
Vitamin E (IU)	1.731	IU	30.000	6 %
Alpha-Tocopherol	0.119	mg		
Thiamin	0.014	mg	1.500	1 %
Riboflavin	0.054	mg	1.700	3 %
Niacin	0.092	mg	20.000	0 %
Pyridoxine (Vitamin B6)	0.023	mg	2.000	1 %
Folate (Total)	4.002	µg	400.000	1 %
Folate (DFE)	4.002	µg		
Cobalamin (Vitamin B12)	0.096	µg	6.000	2 %
Biotin	0.891	µg	300.000	0 %
Pantothenic Acid	0.136	mg	10.000	1 %
Vitamin K	2.301	µg	80.000	3 %

Nutrient	Value	Unit	Goal	%
Phosphorus	25.903	mg	1000.000	3 %
Iodine		µg	150.000	
Magnesium	3.605	mg	400.000	1 %
Zinc	0.135	mg	15.000	1 %
Copper	0.013	mg	2.000	1 %
Manganese	0.026	mg	2.000	1 %
Selenium	1.836	µg	70.000	3 %
Fluoride	0.049	µg		
Chromium	0.000	mg	0.120	0 %
Molybdenum	2.188	µg	75.000	3 %
Dietary Fiber, Total	4.648	g	25.000	19 %
Soluble Fiber	0.000	g		
Insoluble Fiber	0.000	g		
Crude Fiber	0.208	g		
Sugar, Total	7.299	g		
Glucose	0.526	g		
Galactose	0.040	g		
Fructose	0.519	g		
Sucrose	4.289	g		
Lactose	0.655	g		
Maltose	0.005	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate	0.000	g		
Tryptophan	14.065	mg		
Threonine	54.272	mg		
Isoleucine	67.634	mg		
Leucine	109.806	mg		
Lysine	90.539	mg		
Methionine	32.181	mg		
Cystine	18.152	mg		
Phenylalanine	63.038	mg		
Tyrosine	47.416	mg		
Valine	83.534	mg		
Arginine	61.820	mg		
Histidine	31.333	mg		
Alanine	56.240	mg		
Aspartic Acid	110.338	mg		
Glutamic Acid	194.967	mg		
Glycine	34.481	mg		
Proline	83.666	mg		
Serine	75.405	mg		
Moisture	31.459	g		
Ash	0.332	g		
Caffeine	0.000	mg		

Percentage of Kcals

Protein	13.1%
Carbohydrate	64.0%
Fat, total	22.7%
Alcohol	0.2%