Muffin	Pre-baked Weight (grams)	Energy (kcal)	Protein (g)	Total lipid (fat) (g)	Carbohydrate by difference (g)	Fiber, total dietary (g)	Sugars, total (g)
Banana Chocolate Chip	110	343.9	4.0	15.2	49.0	2.3	28.1
Blueberry Cornmeal	90	204.9	3.8	3.4	38.7	2.5	19.7
Caramel Apple	90	262.3	4.3	8.7	42.3	1.1	24.7
Carrot Cake	95						
Cranberry Orange Streusel	90						
Double Chocolate Zucchini	90	182.5	5.5	3.2	33.8	3.8	18.7
Ginger Molasses	90	299.1	3.5	11.4	46.8	0.7	30.1
Lemon Raspberry Streusel	90	289.1	5.0	11.6	41.5	2.6	26.9
Maple Oatmeal	100						
Orange Cardamon	70						
Peanut Butter Chocolate Chip	85	322.4	6.8	15.1	41.9	1.7	29.3
Pina Colada	95						
Pumpkin	90	219.9	4.0	6.6	36.1	3.4	17.8
Strawberry Crunch	90	219.0	5.8	9.3	28.1	3.0	14.7
Sweet Potato	90	226.6	3.9	6.6	37.5	2.9	18.3
Whole Wheat Banana Walnut	110						
Zucchini Coconut	91	245.5	4.3	11.5	30.8	2.5	17.0