

Packaged Muffin Mixes:

Item	Brand	Grocery Aisle	Serving	Food Group Count	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Protein
Blueberry Muffin - Mix only	Betty Crocker Wild Blueberry Muffin Mix	Baking	1 muffin	1.5	115	1	1	0	175	24	0	13	2
Blueberry Muffin - Mix only	Martha White Blueberry Muffin Mix	Baking	1 muffin	1.5	130	3	1	0	160	26	0	13	1
Blueberry Muffin - Mix only	Krusteaz Wild Blueberry Supreme Muffin Mix	Baking	1 muffin	2	135	1	0	0	205	31	0	16	2
Cornbread Muffin - Prepared with Water only	Krusteaz Fat-Free Honey Cornbread Mix	Baking	1 muffin	2	120	0	0	0	410	27	1	8	1
Cornbread Muffin - Prepared with Water only	Martha White Yellow Cornbread	Baking	1 muffin	1.5	140	3	0	0	460	26	1	3	3
Cornbread Muffin - Prepared with Water only	Marie Callender's Low Fat Original Corn Bread Mix	Baking	1 muffin	2	150	3	0	15	300	28	0	9	3

Last update: 12/9/21