

Basic Report 18258, English muffins, plain, enriched, with ca prop (includes sourdough)

Report Date: January 31, 2015 23:07 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	1 muffin 57g
Proximates				
Water	g	43.56	12.35	24.83
Energy	kcal	227	64	129
Protein	g	8.87	2.51	5.06
Total lipid (fat)	g	1.69	0.48	0.96
Carbohydrate, by difference	g	44.17	12.52	25.18
Fiber, total dietary	g	3.5	1.0	2.0
Sugars, total	g	3.53	1.00	2.01
Minerals				
Calcium, Ca	mg	163	46	93
Iron, Fe	mg	4.00	1.13	2.28
Magnesium, Mg	mg	24	7	14
Phosphorus, P	mg	92	26	52
Potassium, K	mg	109	31	62
Sodium, Na	mg	425	120	242
Zinc, Zn	mg	1.05	0.30	0.60
Vitamins				
Vitamin C, total ascorbic acid	mg	1.8	0.5	1.0
Thiamin	mg	0.477	0.135	0.272
Riboflavin	mg	0.250	0.071	0.142
Niacin	mg	4.070	1.154	2.320
Vitamin B-6	mg	0.054	0.015	0.031
Folate, DFE	µg	132	37	75
Vitamin B-12	µg	0.04	0.01	0.02
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.31	0.09	0.18

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	1.2	0.3	0.7
Lipids				
Fatty acids, total saturated	g	0.733	0.208	0.418
Fatty acids, total monounsaturated	g	0.383	0.109	0.218
Fatty acids, total polyunsaturated	g	0.498	0.141	0.284
Cholesterol	mg	0	0	0
Other				
Caffeine	mg	0	0	0