

Nutrition_Extras-April 2011

Name of Product	Average Weight of Food Portion (g)	Energy per Food Portion (kcal)	Protein per Food Portion (g)	Carbohydrate per Food Portion (g)	Fat per Food Portion (g)	Saturated Fat per Food Portion (g)	Salt per Food Portion (g)	Sugar per Food portion (g)
Miscellaneous Dessert Items								
UHT Cream Portions	12	22	0.3	0.5	2.1	1.5	0.0	0.46
Half Fat Millac Maid Portions	12	6	0.4	0.6	0.2	0.2	0.0	0.6
Muffins								
Lemon & Poppyseed Muffin	118	499	4.7	64.9	24.2	2.3	0.5	45.1
Blueberry Muffin	128	465	5.6	61.2	21.5	2.2	0.51	40.58
Triple Chocolate Muffin	118	379	7.3	66.7	9.2	2.0	0.24	32.21