



NUTRIENT ANALYSIS

Menu Items highlighted in pink meet the guidelines set forth by the Heart Center Dining Program of Wake Forest University Baptist Medical Center.

Menu Items	Calories	Fat Calories	Total Fat, g	Saturated Fat, g	Cholesterol, mg	Sodium mg	Total Carbs, g	Dietary Fiber, g	Sugars g	Protein g
BREADS										
Apple Raisin Muffin	433	144	16	4	109	728	67	0	38	6
Banana Muffin	431	144	16	4	109	728	67	0	37	6
Banana Nut Bread	459	225	25	5	52	361	54	1	25	6
Biscuit	207	99	11	3	1	589	24	0	3	3
Black Forest Bread	238	54	6	2	28	183	39	1	6	6
Blueberry Muffin	429	144	16	4	109	728	66	0	36	6
Bran Flake & Molasses Muffin	437	144	16	4	109	740	68	0	38	6
Carrot Bread	356	153	17	4	52	438	47	1	23	5
Cheese Bread	157	54	6	3	17	236	19	1	1	6
Cinnamon Bread	250	181	9	2	3	243	38	1	9	5
Corn Bread	357	135	15	4	48	1106	47	2	8	9
Corn Bread Muffin	214	81	9	2	29	664	28	1	5	5
French Bread	130	9	1	0	6	201	24	1	1	4
Garlic Toast	268	117	13	3	7	406	31	1	1	6
Hard Roll	130	9	1	0	6	201	24	1	1	4
Hush Puppies	248	63	7	1	14	89	35	-1	-1	7
Italian Peasant Bread	222	99	11	3	12	266	25	1	5	5
Mandarin Orange & Raisin Muffin	435	144	16	4	109	729	68	0	37	6
Mexican Corn Bread	253	108	12	4	28	767	30	2	4	6
Oatmeal Muffin	439	144	16	4	109	728	68	1	36	7
Orange-Raisin Muffin	436	144	16	4	109	729	68	0	39	6
Pizza Bread	219	99	11	5	17	541	21	1	1	9
Pumpkin Muffin	427	144	16	4	109	728	66	0	36	6
Rye Bread	164	36	4	1	9	206	28	2	6	4
Soft Roll	159	54	6	1	7	163	22	1	4	3
Spoon Bread	280	144	16	4	177	776	22	1	9	12
Strawberry Muffin	427	144	16	4	109	728	66	0	36	6
Sweet Potato Bread	382	453	17	4	52	433	53	1	25	5
Sweet Potato Muffin	438	144	16	4	109	738	68	0	36	6
Wheat Bread	164	36	4	1	9	206	28	1	5	4