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Quaker oatmeal chocolate chip muffin nutrition information

Here are the foods from our food nutrition database that were used for the nutritional calculations of this recipe. Calories per muffin sot of Chocolate Chip Oats 48 calories from Bob Red Mill White Whole Wheat Flour,(0.10 cup)47 calories chocolate, Nestlé Real Semi-Sweet Chocolate Chips, (0.67 tbsp)30 calories Granulated Sugar, (0.04 cup)26 calories Old-Fashioned Quaker Oats- Simple (1/2 cup dry), (0.17-part)6 calories musselman's Unsweetened Natural Apple Sauce, (0.06 cup)6 calories Egg, fresh, whole, raw, raw, (0.08 large)2 calories milk, 1%, (0.02 cup)1 calories baking powder, (0.25 tsp)0 calories cinnamon, ground, (0.06 tsp)0 calories salt, (0.04 tsp) Quaker Muffin Mix72%28gCarbs23%4gFat5%2gProteinHow does this food fit your daily goals? Activity Required to Burn:160 Calories24Minutes cycling 16Minutes of Running 58Minutes cleaning Please note that some foods may not be suitable for some people and you are urged to seek the advice of a doctor before starting any weight loss effort or diet regimen. Although the information provided on this site is presented in good faith and is believed to be correct, FatSecret makes no representations or warranties as to its completeness or accuracy and all information, including nutritional values, is used by you at your own risk. All trademarks, copyrights and other forms of intellectual property are the property of their respective owners. Please note that some foods may not be suitable for some people and you are urged to seek the advice of a doctor before starting any weight loss effort or diet regimen. Although the information provided on this site is presented in good faith and is believed to be correct, FatSecret makes no representations or warranties as to its completeness or accuracy and all information, including nutritional values, is used by you at your own risk. All trademarks, copyrights and other forms of intellectual property are the property of their respective owners. Sounds like a silly question, we know. But we want to keep the robots away from Walmart.ca! Wheat flour, brown sugar, rolled oats, sugar, chocolate chips (sugar, chocolate liqueur, cocoa butter, soy lecithin, salt, vanilla), soybean oil, baking soda, modified corn starch, salt, emulsifying mixture (fatty acid esters graxo graxo propylene glycol, monoglycerides [filia], sodium stearoyl-2-lactyl), monolimestone phosphate, spices, sodium carboxylate. Contains ingredients of wheat, oats and soy. May contain egg and milk. Every effort is made to ensure that the ingredients and nutritional information listed on our website are accurate, however, this information may change from time to time. Always check the product packaging for the most current and accurate information on ingredients and nutrition. If you need further assistance, please contact our Consumer Relations team. (opens a new window) Here are the foods from our food nutrition database that were used nutritional calculations of this recipe. Calories per port of Chocolate Oatmuffins 46 calories Flour, white, (0.10 cup)38 calories Of Old-Fashioned Quaker Oats- Simple (1/2 cup dry), (0.25 percent)34 calories Ghiradelli Chocolate 60% Cocoa Bittersweet Chocolate Chip, 16p, (0.42 perbit)25 calories brown sugar, (0.03 cup, packed)8 calories milk, 2%, with the addition of fat-free milk solids, without adding vit A, (0.06 cup)2 calories apple sauce, unsweetened, (0.02 cup)1 calories egg white, fresh, (0.08 large)0 calories cinnamon, ground, (0.08 tsp)0 calories baking powder, (0.08 tsp)0 calories cooking soda, (0.06 tsp) tsp)

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