

## Nutrition Calculator and Recipe Builder

### Summary

Recipe name	Cheese Prosciutto Jalapeno Bagel Muffin
Number of servings	12
Final weight, g ⓘ	1252

Ingredient	Amount	Calories
Wheat flours, unenriched, bread	4 cup unsifted, dipped = 548 g	1978
Raw pure honey	2 tbsp = 38 g	140
Milk, 3.7% milkfat, fluid, producer	1.3 cup = 317 g	203
Salt, table	1 tsp = 6 g	0
Fleischmann's Traditional Active Dry Yeast	8 1/4 tsp = 8 g	32
Water, tap	1 fl oz = 30 g	0
Pickled jalapeno slices by Target Stores	16 g	2.8
Monterey jack cheese by FOODWORKS	252 g	917
Cheese, cheddar	48 g	193
Ham, prosciutto	6 thin slice = 55 g	108

### Cheese Prosciutto Jalapeno Bagel Muffin

<b>Nutrition Facts</b>	
<b>Portion Size</b>	<b>104 g</b>
<b>Amount Per Portion</b>	
<b>Calories</b>	<b>298</b>
<b>% Daily Value *</b>	
<b>Total Fat</b> 9.2g **	<b>12 %</b>
Saturated Fat 5.4g **	<b>27 %</b>
<b>Cholesterol</b> 35mg **	<b>12 %</b>
<b>Sodium</b> 505mg **	<b>22 %</b>
<b>Total Carbohydrate</b> 37g **	<b>13 %</b>
Dietary Fiber 1.1g **	<b>4 %</b>
Sugar 2.5g **	
<b>Protein</b> 14g	<b>28 %</b>
Vitamin D 0.1mcg **	0 %
Calcium 211mg **	16 %
Iron 0.5mg **	3 %
Potassium 119mg **	3 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.	
** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.	

### Cheese Prosciutto Jalapeno Bagel Muffin nutrition facts and analysis per 104.33 g

<b>Vitamins</b>		
<b>Nutrient</b>	<b>Amount</b>	<b>DV</b>
Vitamin A, RAE	22.2 mcg	2 %
Carotene, alpha	0 mcg	
Carotene, beta	3.86 mcg	
Cryptoxanthin, beta	0 mcg	

<b>Carbohydrates</b>		
<b>Nutrient</b>	<b>Amount</b>	<b>DV</b>
Carbohydrate	37.2 g	14 %
Fiber	1.1 g	4 %
Sugars	2.53 g	
Fructose	0 g	
Galactose	0 g	



Tocopherol, alpha	0.22 mg	
Tocopherol, beta	0 mg	
Tocopherol, delta	0 mg	
Tocopherol, gamma	0 mg	
Tocotrienol, alpha	0 mg	
Tocotrienol, beta	0 mg	
Tocotrienol, delta	0 mg	
Tocotrienol, gamma	0 mg	
Vitamin K	0.5 mcg	0 %
Vitamin K1 [Phylloquinone]	0.2 mcg	
Vitamin K2 [Menaquinone]	0.3 mcg	
Dihydro phylloquinone	0 mcg	
Betaine	0 mg	
Choline	10.3 mg	2 %

Minerals		
Nutrient	Amount	DV
Calcium	210.58 mg	16 %
Copper	0.08 mg	9 %
Fluoride	0 mcg	

Hexadecanoic acid	0.78
Hexanoic acid	0.04
Octadecanoic acid	0.29
Octanoic acid	0.02
Pentadecanoic acid	0.01
Tetracosanoic acid	
Tetradecanoic acid	0.22
Monounsaturated fatty acids	0.89
Cis-hexadecenoic acid	0.01
Cis-octadecenoic acid	0.26
Docosenoic acid	
Docosenoic cis acid	
Docosenoic trans acid	
Eicosenoic acid	0.00
Heptadecenoic acid	0.00
Hexadecenoic acid	0.05
Octadecenoic acid	0.76
Pentadecenoic acid	
Tetracosenoic cis acid	
Tetradecenoic acid	0.01
Trans-hexadecenoic acid	0.00
Trans-octadecenoic acid	0.03
Polyunsaturated fatty acids	0.45
α-linolenic acid n-3 (ALA)	
γ-linolenic acid n-6 (GLA)	

Iron	0.48 mg	3 %
Magnesium	17.13 mg	4 %
Manganese	0.365 mg	16 %
Phosphorus	101.71 mg	8 %
Potassium	118.79 mg	3 %
Selenium	20.99 mcg	38 %
Sodium	505.17 mg	22 %
Zinc	0.77 mg	7 %

### Proteins and Amino acids

Nutrient	Amount	DV
Protein	13.57 g	27 %
Alanine	0.227 g	
Arginine	0.243 g	
Aspartic acid	0.356 g	
Cystine	0.136 g	
Glutamic acid	2.288 g	
Glycine	0.227 g	
Histidine	0.162 g	14 %
Isoleucine	0.303 g	20 %

Cis,cis-eicosadienoic n-6 acid	
Linoleic acid n-6 (LA)	0.0
Docosahexaenoic n-3 acid (DHA)	
Docosapentaenoic n-3 acid (DPA)	0.00
Docosatetraenoic acid	
Eicosadienoic acid	0.00
Eicosadienoic n-3 acid	
Eicosadienoic n-6 acid	0.00
Eicosapentaenoic n-3 acid (EPA)	
Eicosatetraenoic acid	0.00
Octadecadienoic CLAs acid	0.00
Octadecadienoic acid	0.41
Octadecatetraenoic acid	
Octadecatrienoic acid	0.04
Trans-octadecadienoic acid	0.00
Trans-octadecatrienoic acid	
Fatty acids, total trans	

### Sterols

Nutrient	Amount	DV
Cholesterol	34.82 mg	12 %
Phytosterols	0 mg	

### Other

Leucine	0.541 g	16 %
Lysine	0.215 g	7 %
Methionine	0.14 g	
Phenylalanine	0.355 g	
Proline	0.827 g	
Serine	0.343 g	
Threonine	0.227 g	14 %
Tryptophan	0.097 g	24 %
Tyrosine	0.236 g	
Valine	0.343 g	18 %
Phenylalanine + Tyrosine	0.591 g	22 %
Methionine + Cysteine	0.14 g	9 %

Nutrient	Amount	DV
Alcohol, ethyl	0 g	
Ash	1.05 g	
Caffeine	0 mg	
Theobromine	0 mg	
Water	35.82 g	

## Instructions

### Add ingredient

Use the search bar above to quickly add ingredients to the recipe. You can specify the item and weight in grams or ounces in the search box, e.g. 'bananas 35 g', 'tomatoes 4 oz'. UPC barcodes are also supported, e.g. '070470496528'. Alternatively you can add an item directly from favorites, recipes, custom foods, food details and search result pages.

### Remove ingredient

Click on the 'delete' link in the item row to remove it from the recipe.

### Change amount

Click on the amount link to modify the amount used in the recipe.

### Recipe name

Click on the pencil icon in the recipe name row, modify the name as desired and hit enter or click anywhere on the page to save changes.

### Number of servings

Click on the pencil icon in the number of servings row, modify name as desired and hit enter or click anywhere on the page to save changes.

### Final weight

If not specified then the total weight of all ingredients will be used as the final weight of a recipe. To account for water evaporation or adsorption you can directly specify final weight by clicking on the pencil icon in the final weight row.

### Save recipe

Click on the 'Save to your recipes' button to save the current recipe to your recipe list.

### Share recipe

Click on 'Share by URL' link to the copy URL suitable for sharing this recipe. Sharing by URL feature only exists for recipes that don't depend on other recipes or custom ingredients.

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## Nutrition facts

Nutrition facts label and detailed nutrient analysis are displayed under each recipe. Hover above or click/tap on a nutrient in order to learn more about it. Hover or click/tap on an amount in order to view how each ingredient contributes to that total nutrient amount for the recipe. If an ingredient does not specify nutrient amount then it won't contribute (or effectively contributes 0) to the nutrient total value.



Nutrition calculator: computes nutrition value of a meal. Daily values are based on a 2000 calorie a day diet. Recommended daily intake of essential amino acids is provided for 180 lbs person. Actual daily nutrient requirements might be different based on your age, gender, level of physical activity, medical history and other factors. All data displayed on this site is for general informational purposes only and should not be considered a substitute of a doctor's advice. Please consult with your doctor before making any changes to your diet. Nutrition labels presented on this site is for illustration purposes only. Food images may show a similar or a related product and are not meant to be used for food identification. Nutritional value of a cooked product is provided for the given weight of cooked food. This page may contain affiliate links to products through which we earn commission used to support this website development and operations. Data from USDA National Nutrient Database.

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