

NUTRITIONAL FACTS

Blueberry Lemon

Nutrition Facts	
4 servings per container	
Serving size	1 Muffin (100g)
Amount Per Serving	
Calories	350
% Daily Value*	
Total Fat 15g	19%
Saturated Fat 1.5g	8%
<i>Trans</i> Fat 0g	
Cholesterol 60mg	20%
Sodium 160mg	7%
Total Carbohydrate 45g	16%
Dietary Fiber 0g	0%
Total Sugars 29g	
Includes 26g Added Sugars	52%
Protein 5g	10%
Vitamin D 0.35mcg	2%
Calcium 88mg	6%
Iron 1.4mg	8%
Potassium 105mg	2%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

BLUEBERRY LEMON:
UNBLEACHED ENRICHED
FLOUR, (NIAICIN, REDUCED IRON,
THIAMINE MONONITRATE, RIBOFLAVIN,
FOLIC ACID), GRANULATED CANE SUGAR, WHOLE EGGS, CANOLA OIL, WATER, BLUEBERRIES, BUTTERMILK
POWDER, LEMON JUICE, LEMON PEEL, ENZYMES, SUNFLOWER LECITHIN, BAKING POWDER (SODIUM ACID
PYROPHOSPHATE, SODIUM BICARBONATE, CORN STARCH, MONOCALCIUM PHOSPHATE), CANE SYRUP, SALT

NUTRITIONAL FACTS

Banana Nut

Nutrition Facts	
4 servings per container	
Serving size	1 Muffin (100g)
Amount Per Serving	
Calories	360
% Daily Value*	
Total Fat 17g	22%
Saturated Fat 1.5g	8%
<i>Trans</i> Fat 0g	
Cholesterol 50mg	17%
Sodium 300mg	13%
Total Carbohydrate 47g	17%
Dietary Fiber 2g	7%
Total Sugars 22g	
Includes 19g Added Sugars	38%
Protein 5g	10%
Vitamin D 0.35mcg	2%
Calcium 18mg	2%
Iron 1.75mg	10%
Potassium 158mg	4%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

BANANA NUT:
UNBLEACHED ENRICHED
FLOUR, (NIACIN, REDUCED IRON,
THIAMINE MONONITRATE, RIBOFLAVIN,
FOLIC ACID), BANANAS, GRANULATED CANE SUGAR, WHOLE EGGS, CANOLA OIL, WALNUTS, SODIUM
BICARBONATE, SALT, SUNFLOWER LECITHIN, ENZYMES.