

NUTRITIONAL FACTS

Nutrition Facts	Amount / serving	% Daily Value*	Amount / serving	% Daily Value*
2 servings per container	Total Fat 15g	19%	Total Carb. 39g	14%
	Sat. Fat 3.0g	15%	Dietary Fiber <1g	3%
Serving size 1/2 Muffin (85g)	<i>Trans Fat</i> 0g		Total Sugars 22g	
	Cholesterol 50mg	17%	Incl. 21g Added Sugars	43%
Calories per serving 290	Sodium 210mg	9%	Protein 4g	
	Vitamin D 2% • Calcium 4% • Iron 4% • Potassium 2%			

INGREDIENTS: Wheat Flour, Soybean Oil, Sugar, Egg, Water, Sour Cream, Poppy Seeds, Lemon Emulsion, Vanilla, Margarine, Butter, Modified Food Starch, Leavening (Baking Soda, Sodium Aluminum Phosphate, Monocalcium Phosphate), Natural And Artificial Flavor, Dairy Whey, Soy Flour, Wheat Gluten, Salt, Emulsifiers (Propylene Glycol Monoesters, Monoglycerides, Sodium Stearoyl Lactylate).

CONTAINS: Eggs, Milk, Soy, Wheat

NUTRITIONAL FACTS

Nutrition Facts	Amount / serving	% Daily Value*	Amount / serving	% Daily Value*
	Total Fat 19g	24%	Total Carb. 36g	13%
Sat. Fat 3.0g	16%	Dietary Fiber <1g	3%	
<i>Trans Fat</i> 0g		Total Sugars 20g		
Cholesterol 45mg	15%	Incl. 20g Added Sugars	39%	
Sodium 190mg	8%	Protein 5g		
Vitamin D 2% • Calcium 4% • Iron 4% • Potassium 2%				

2 servings per container

Serving size
1/2 Muffin (85g)

Calories
per serving 320

Wheat Flour, Soybean Oil, Sugar, whole eggs, Water, Sour Cream, Walnuts, Vanilla, Salt, Leavening (Baking Soda, Sodium Aluminum Phosphate, Monocalcium Phosphate), Natural and Artificial Flavor, Dairy Whey (Milk), Soy Flour, Wheat Gluten, Salt, Emulsifiers (Propylene Glycol Monoesters, Monoglycerides, Sodium Stearoyl Lactylate), Almond Flavor, artificial color (FD&C Yellow #5, FD&C Blue #1).

CONTAINS: Eggs, Milk, Soy, Wheat

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Nutrition Facts

2 servings per container

Serving size
1/2 Muffin (85g)

Calories
per serving **320**

Amount / serving	% Daily Value*	Amount / serving	% Daily Value*
Total Fat 16g	21%	Total Carb. 43g	16%
Sat. Fat 5.0g	24%	Dietary Fiber 1g	4%
<i>Trans</i> Fat 0g		Total Sugars 25g	
Cholesterol 40mg	14%	Incl. 20g Added Sugars	40%
Sodium 190mg	8%	Protein 4g	

Vitamin D 2% • Calcium 2% • Iron 6% • Potassium 2%

INGREDIENTS: Wheat Flour, Soybean Oil, Sugar, Egg, Water, Sour Cream, Cinnamon Chips, Vanilla, Cinnamon Powder, Margarine, Butter, Cocoa Powder, Modified Food Starch, Leavening (Baking Soda, Sodium Aluminum Phosphate, Monocalcium Phosphate), Natural And Artificial Flavor, Dairy Whey, Soy Flour, Wheat Gluten, Salt, Emulsifiers (Propylene Glycol Monoesters, Monoglycerides, Sodium Stearoyl Lactylate).

CONTAINS: Eggs, Milk, Soy, Wheat