

# Lemon Poppy Bundt

## Nutrition Facts

10 servings per container

**Serving size** 1 slice (68g)

**Amount Per Serving**

**Calories** 260

**% Daily Value\***

**Total Fat** 14g 18%

Saturated Fat 2.5g 13%

*Trans* Fat 0g

**Cholesterol** 40mg 13%

**Sodium** 190mg 8%

**Total Carbohydrate** 31g 11%

Dietary Fiber <1g 3%

Total Sugars 18g

Includes 17g Added Sugars 34%

**Protein** 4g

Vitamin D 0.1mcg 0%

Calcium 30mg 2%

Iron 0.9mg 4%

Potassium 50mg 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.

INGREDIENTS: ENRICHED BLEACHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE, RIBOFLAVIN, FOLIC ACID), SUGAR, OLIVE OIL, EGG, BUTTERMILK, LEMON JUICE, POWDERED SUGAR (SUGAR, CORNSTARCH), POPPY SEEDS, BAKING POWDER (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORNSTARCH, MONOCALCIUM PHOSPHATE), LEMON ZEST, SPICE, BAKING SODA

CONTAINS: MILK, EGG, WHEAT

BAKED BY EMILY ROSE, 518 BROADWAY MASSAPEQUA, NEW YORK 11758

# Orange Olive Oil Bundt

## Nutrition Facts

11 servings per container

**Serving size** 1 slice (62g)

**Amount Per Serving**

**Calories** 220

**% Daily Value\***

**Total Fat** 13g 17%

Saturated Fat 2g 10%

*Trans* Fat 0g

**Cholesterol** 25mg 8%

**Sodium** 115mg 5%

**Total Carbohydrate** 27g 10%

Dietary Fiber 0g 0%

Total Sugars 18g

Includes 17g Added Sugars 34%

**Protein** 2g

Vitamin D 0.2mcg 0%

Calcium 20mg 2%

Iron 0.5mg 2%

Potassium 40mg 0%

\* 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.

INGREDIENTS: SUGAR, WHOLE MILK (MILK, VITAMIN D3), OLIVE OIL, ENRICHED BLEACHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE, RIBOFLAVIN, FOLIC ACID), EGG, ORANGE JUICE, ORANGE ZEST, SPICE, BAKING POWDER (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORNSTARCH, MONOCALCIUM PHOSPHATE), BAKING SODA

CONTAINS: MILK, EGG, WHEAT

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