

Rich & Moist Blueberry

Nutritional Facts

Serving size 4 oz. (113g) 1 Muffin

Amount per Serving

Calories 370 Calories from Fat 160

% Daily Value*

Total Fat 18g **28%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 60mg **20%**

Sodium 330mg **14%**

Total Carbohydrate 49g **16%**

Dietary Fiber 1g **4%**

Sugar 27g

Protein 4g

Vitamin A 2% • Vitamin C 0%

Calcium 2% • Iron 10%

*Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400 mg	2,400mg
Potassium	Less than	3,500 mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Sugar, Enriched Bleached Flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), Water, Soybean Oil, Eggs, Blueberries, Contains 2% or less of: Food Starch-Modified, Invert Sugar, Sodium Aluminum Phosphate, Baking Soda, Monocalcium Phosphate, Mono and Diglycerides, Sodium Stearoyl Lactylate, Polysorbate 60, Whey, Salt, Wheat Gluten, Nonfat Milk, Glucose Syrup, Dextrose, Carrot Fiber, Potassium Sorbate (preservative), Sorbic Acid (preservative), Guar Gum, Xanthan Gum, Natural and Artificial Flavor, Walnuts.

Contains: Egg, Milk, Soy, Wheat, Walnuts; May Contain Almond, Cashew, Coconut or Macadamia Ingredients.