

# Nutrition Facts

Serving Size 1 Muffin (56g)

Servings Per Container 6

Amount Per Serving

**Calories 130**      Calories from Fat 15

% Daily Value\*

**Total Fat 1.5g**      **2%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 180mg**      **8%**

**Total Carbohydrate 25g**      **8%**

Dietary Fiber 1g      **4%**

Sugars 3g

**Protein 5g**

Vitamin A 0%      •      Vitamin C 0%

Calcium 6%      •      Iron 8%

Thiamin 25%      •      Riboflavin 10%

Niacin 15%      •      Folic Acid 15%

\* Percent Daily Values 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	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrates 4 • Protein 4

**INGREDIENTS:** ENRICHED WHEAT FLOUR (WHEAT FLOUR, BARLEY MALT, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, HIGH FRUCTOSE CORN SYRUP, HONEY, SUNFLOWER SEEDS, WHEAT, CONTAINS 2% OR LESS OF THE FOLLOWING: SESAME SEEDS, RYE, OATS, BARLEY, CORN, MILLET, TRITICALE, RICE FLOUR, FLAXMEAL, BUCKWHEAT, SALT, SOYBEAN OIL, CORN SUGAR, CALCIUM PROPIONATE (A PRESERVATIVE), WHEAT GLUTEN, FUMARIC ACID, CALCIUM SULFATE, CALCIUM PEROXIDE, VINEGAR, CARAMEL COLOR. **CONTAINS: WHEAT**

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