

Nutrition Facts

Serving Size 1 Muffin (56g)

Servings Per Container 6

Amount Per Serving

Calories 130 **Calories from Fat** 10

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Polyunsaturated Fat 0g

Monounsaturated Fat 0g

Cholesterol 0mg **0%**

Sodium 110mg **5%**

Total Carbohydrate 26g **9%**

Dietary Fiber 1g **6%**

Sugars 6g

Protein 5g

Vitamin A 0% • **Vitamin C** 0%

Calcium 4% • **Iron** 8%

Thiamin 15% • **Riboflavin** 8%

Niacin 10% • **Folic Acid** 10%

* 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
Sat 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

INGREDIENTS: ENRICHED WHEAT FLOUR (WHEAT FLOUR, BARLEY MALT, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, SUGAR, CONTAINS 2% OR LESS OF THE FOLLOWING: CORN MEAL, SALT, PARTIALLY HYDROGENATED SOYBEAN OIL, VINEGAR, CORN SUGAR, DOUGH CONDITIONERS (MONO-CALCIUM PHOSPHATE, CALCIUM SULFATE, CALCIUM PEROXIDE), CALCIUM PROPIONATE (A PRESERVATIVE), WHEAT GLUTEN, FUMARIC ACID, LACTIC ACID, ACETIC ACID, PHOSPHORIC ACID. **CONTAINS: WHEAT.**

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