

Nutrition Facts

Serving Size 1 Muffin (56g)

Servings Per Container 6

Amount Per Serving

Calories 120 Calories from Fat 10

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 190mg **8%**

Total Carbohydrate 23g **8%**

Dietary Fiber 1g **4%**

Sugars 3g

Protein 4g

Vitamin A 0% • Vitamin C 0%

Calcium 6% • Iron 8%

Thiamin 20% • Riboflavin 10%

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

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