

# Nutrition Facts

Serving Size 1 Muffin (57g)

Servings Per Container 6

## Amount Per Serving

**Calories** 140      **Calories from Fat** 15

**% Daily Value\***

**Total Fat** 1.5g      **2%**

Saturated Fat .5g      **3%**

Trans Fat 0g

Polyunsaturated Fat 0g

Monounsaturated Fat .5g

**Cholesterol** 0mg      **0%**

**Sodium** 210mg      **9%**

**Total Carbohydrate** 27g      **9%**

Dietary Fiber 2g      **9%**

Sugars 2g

**Protein** 6g

Vitamin A 0%      •      Vitamin C 0%

Calcium 6%      •      Iron 8%

Thiamin 15%      •      Riboflavin 8%

Niacin 10%      •      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
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, RAISINS, YEAST, HIGH FRUCTOSE CORN SYRUP, CONTAINS 2% OR LESS OF THE FOLLOWING: WHEAT GLUTEN, CINNAMON, SOYBEAN OIL, SALT, CORN MEAL, VINEGAR, CORN SUGAR, CALCIUM PROPIONATE (A PRESERVATIVE), YEAST NUTRIENTS (CALCIUM SULFATE), DOUGH CONDITIONERS (CALCIUM PEROXIDE), FUMARIC ACID. **CONTAINS: WHEAT.**

Gold Medal Bakery  
Fall River, MA 02724  
CT. LC. 3643