

Nutrition Facts

4 servings per container	
Serving size	1 MUFFIN
Amount per serving	
Calories	270
% Daily Value*	
Total Fat 13g	17%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 25g	8%
Sodium 210g	9%
Total Carbohydrates 34g	12%
Dietary Fiber 1g	4%
Sugars 19g	
Includes 18g Added Sugars	36%
Protein 3g	
Vitamin D 0.1g	0%
Calcium 20g	2%
Iron 1.3g	8%
Potassium 120g	2%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Banana Nut 2.25oz

Ingredients
INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SOYBEAN OIL, WATER, EGGS, BANANAS, WALNUTS, CONTAINS 2% OR LESS OF: MODIFIED CORN STARCH, LEAVENING (SODIUM ALUMINUM PHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), SALT, WHEAT GLUTEN, POTASSIUM SORBATE (PRESERVATIVE), PROPYLENE GLYCOL MONO- AND DIESTERS OF FATS AND FATTY ACIDS, NATURAL BANANA FLAVOR, MONO- AND DIGLYCERIDES, NATURAL AND ARTIFICIAL FLAVORS, CARAMEL COLOR, ENZYMES.CONTAINS: EGGS, WALNUTS, WHEAT.MADE IN A FACILITY THAT ALSO PROCESSES: MILK, PEANUTS, SOY AND OTHER TREE NUTS (ALMONDS, COCONUT, MACADAMIA NUTS, PECANS).

Nutrition Facts

4 servings per container	
Serving size	1 MUFFIN
Amount per serving	
Calories	260
Calories from Fat 0	
% Daily Value*	
Total Fat 13g	17%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 35g	12%
Sodium 200g	9%
Total Carbohydrates 32g	12%
Dietary Fiber 1g	4%
Sugars 20g	
Includes 19g Added Sugars	38%
Protein 4g	
Vitamin A (RE) - (CAN) 0	
Vitamin A IU % 0	
Vitamin C 0g	0%
Vitamin D 0.2g	2%
Calcium 40g	4%
Iron 2g	10%
Potassium 200g	4%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Chocolate/Chocolate 2.25oz

Ingredients
INGREDIENTS: SUGAR, ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SOYBEAN OIL, EGGS, SEMI-SWEET CHOCOLATE CHIPS (SUGAR, UNSWEETENED CHOCOLATE, COCOA BUTTER, DEXTROSE, SOY LECITHIN, NATURAL FLAVOR, MILK), CHOCOLATE FLAVORED CHIPS (SUGAR, PALM KERNEL AND PALM OIL, COCOA [PROCESSED WITH ALKALI], DEXTROSE, SOY LECITHIN, POLYSORBATE 60, SORBITAN MONOSTEARATE, SALT, NATURAL FLAVOR), COCOA (PROCESSED WITH ALKALI), CONTAINS 2% OR LESS OF: MODIFIED CORN STARCH, SOY FLOUR, LEAVENING (SODIUM ALUMINUM PHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), CARAMEL COLOR (CONTAINS SULFITES), SALT, WHEAT GLUTEN, POTASSIUM SORBATE (PRESERVATIVE), MONO- AND DIGLYCERIDES, PROPYLENE GLYCOL ESTERS OF FATS AND FATTY ACIDS, SODIUM STEAROYL LACTYLATE, XANTHAN GUM, NATURAL AND ARTIFICIAL FLAVOR, CANOLA LECITHIN, WHEY (MILK) ENZYMES, NONFAT MILK. CONTAINS: EGGS, MILK, SOY, WHEAT. MADE IN A FACILITY THAT ALSO PROCESS: PEANUTS AND TREE NUTS (ALMONDS, COCONUT, PECANS, WALNUTS).

Nutrition Facts

4 servings per container	
Serving size	1 MUFFIN
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 30g	10%
Sodium 270g	12%
Total Carbohydrates 34g	12%
Dietary Fiber 1g	4%
Sugars 20g	
Includes 19g Added Sugars	38%
Protein 3g	
Vitamin D 0.1g	0%
Calcium 40g	4%
Iron 1.4g	8%
Potassium 100g	2%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Wild Blueberry 2.25oz

Ingredients
INGREDIENTS: SUGAR, ENRICHED BLEACHED FLOUR (BLEACHEDWHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID),WATER, SOYBEAN OIL, EGGS, BLUEBERRIES, CONTAINS 2% OR LESS OF: MODIFIED CORN STARCH, SOY FLOUR, SALT, WHEAT GLUTEN, LEAVENING (SODIUM ALUMINUM PHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), MONO- AND DIGLYCERIDES, PROPYLENE GLYCOL ESTERS OF FATTY ACIDS, POTASSIUMSORBATE (PRESERVATIVE), DEXTROSE, SODIUM STEAROYL LACTYLATE, NATURAL AND ARTIFICIAL FLAVOR, NATURAL BLUEBERRY FLAVOR, XANTHAN GUM, CANOLA LECITHIN, BLUEBERRY JUICE CONCENTRATE, BLACKBERRY JUICE CONCENTRATE, MALIC ACID, ENZYMES. CONTAINS: EGGS, SOY, WHEAT. MADE IN A FACILITY THAT ALSO PROCESSES: MILK, PEANUTS, AND TREE NUTS (ALMONDS, COCONUT, MACADAMIA NUTS, PECANS, WALNUTS).