

Nutrition Facts

1 serving per container
Serving size (67g)

Amount Per Serving

Calories	290
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	% Daily Value*
Total Fat 11g	14%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 350mg	15%
Total Carbohydrate 39g	14%
Dietary Fiber 5g	18%
Total Sugars 19g	
Includes 19g Added Sugars	38%

Protein 10g

Vitamin D 0mcg 0%	• Calcium 190mg 15%
Iron 3mg 15%	• Potassium 350mg 8%

*The % Daily Value (DV) 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.

CUPS DOUBLE DARK CHOCOLATE MUFFIN CUP

Ingredients:

100% whole grain wheat flour, cane sugar, palm oil, semisweet chocolate chips (sugar, unsweetened chocolate, cocoa butter, dextrose, sunflower lecithin), 100% whole grain oat flour, cocoa (processed with alkali), wheat protein isolate, whey protein concentrate, milk protein concentrate, leavening (monocalcium phosphate, baking soda), sea salt.

Contains milk and wheat. Due to processing on shared equipment, contains trace amounts of egg, soy, and tree nuts.