

Muffins – Pumpkin Medium

Nutrition Facts	
6 servings per container	
Serving size	(82g)
Amount per serving	
Calories	210
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 40g	15%
Dietary Fiber 23g	82%
Total Sugars 25g	
Includes 22g Added Sugars	44%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 13mg	2%
Iron 2mg	10%
Potassium 57mg	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.

INGREDIENTS:

ENRICHED BLEACHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, EMULSIFIER (PROPYLENE GLYCOL, MONO-AND DIESTERS OF FATS AND FATTY ACIDS, MONO-AND DIGLYCERIDES, SOY LECITHIN), LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), PUMPKIN, CONTAINS 2% OR LESS OF THE FOLLOWING: EGG WHITES MONO-AND DIGLYCERIDES, PARTIALLY HYDROGENATED SOYBEAN OIL, RAISINS, CINNAMON GROUND, ALLSPICE GROUND, SALT.

CONTAINS: WHEAT, SOY, MILK, EGGS

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