

Blueberry Muffin

Nutrition Facts

Serving Size 1- 6.25 oz Muffin (177g)

Servings Per Container 1

Amount Per Serving

Calories 560 **Calories From Fat** 261

		% Daily Value*
Total Fat	29g	45%
Saturated Fat	5g	23%
Trans Fat	<1 g	0%
Cholesterol	115mg	38%
Sodium	430mg	18%
Total Carbohydrate	68g	23%
Dietary Fiber	1g	4%
Sugars	39g	

Protein 6g

Vitamin A 4% ● Vitamin C 6%

Calcium 8% ● Iron 4%

*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: Blueberry Muffin (Sugar, Bleached Wheat Flour, Eggs, Soybean Oil, Blueberries, Water, Modified Food Starch, Baking Soda, Sodium Aluminum Phosphate, Monocalcium Phosphate, Mono and Diglycerides, Sodium Stearoyl Lactylate, Glycerol Monostearate, Propylene Glycol Monostearate, Buttermilk Solids, Salt, Natural and Artificial Flavor, Lactic Acid).

Allergy Information: Milk, Eggs, Wheat, Soybeans