

Corn Muffin

Nutrition Facts

Serving Size 1- 6.25 oz Muffin (177g)

Servings Per Container 1

Amount Per Serving

Calories 620 **Calories From Fat** 279

		% Daily Value*
Total Fat	31g	48%
Saturated Fat	5g	25%
Trans Fat	<1 g	0%
Cholesterol	120mg	40%
Sodium	450mg	19%
Total Carbohydrate	80g	27%
Dietary Fiber	2g	8%
Sugars	38g	

Protein 8g

Vitamin A 6% ● Vitamin C 0%

Calcium 8% ● Iron 8%

*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: Corn Muffin (Sugar, Bleached Wheat Flour, Eggs, Soybean Oil, Water, Corn Meal, 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