

# Cranberry Orange Nut Muffin

## Nutrition Facts

Serving Size 1- 6.25 oz Muffin (177g)

Servings Per Container 1

Amount Per Serving

**Calories** 590 Calories From Fat 288

		% Daily Value*
<b>Total Fat</b>	32g	49%
Saturated Fat	5g	25%
Trans Fat	<1 g	0%
<b>Cholesterol</b>	120mg	40%
<b>Sodium</b>	410mg	17%
<b>Total Carbohydrate</b>	70g	23%
Dietary Fiber	1g	4%
Sugars	39g	

**Protein** 8g

Vitamin A 4% ● Vitamin C 4%

Calcium 8% ● Iron 6%

\*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:** Cranberry Orange Nut Muffin (Enriched Bleached Wheat Flour, Sugar, Eggs, Cranberries, Soybean Oil, Water, Modified Food Starch, Sour Cream Powder, Walnuts, Orange Icing [Corn Syrup, Sugar, Orange Peel, Orange Juice Concentrate, Water, Oil of Orange, Citric Acid, Pectin, Sodium Benzoate, FD&C Yellow #5], Baking Soda, Sodium Aluminum Phosphate, Monocalcium Phosphate, Mono and Diglycerides, Sodium Stearoyl Lactylate, Buttermilk Solids, Salt, Natural and Artificial Flavors, Xanthan Gum);.

**Allergy Information:** Milk, Eggs, Tree Nuts, Wheat, Soybeans