

Nutrition Facts

12 servings per container

Serving size**1/2 muffin (144g)**

Calories

Per 1/2 muffin

380

Per 1 muffin

760

% DV*

% DV*

Total Fat16g **21%**32g **41%**

Saturated Fat

3g **15%**6g **30%***Trans Fat*

0g

0g

Cholesterol50mg **17%**100mg **33%****Sodium**480mg **21%**960mg **42%****Total Carb.**56g **20%**112g **41%**

Dietary Fiber

2g **7%**4g **14%**

Total Sugars

32g

64g

Incl. Added Sugars

30g **60%**60g **120%****Protein**

3g

6g

Vitamin D

0.1mcg 0%

0.2mcg 2%

Calcium

40mg 4%

80mg 6%

Iron

2mg 10%

4mg 20%

Potassium

190mg 4%

380mg 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.