

Nutrition Facts

12 servings per container

Serving size

1 Muffin

Amount Per Serving

Calories

210

% Daily Value*

Total Fat 9g	12%
Saturated Fat 5g	25%
<i>Trans</i> Fat 1g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 2g	
Cholesterol 50mg	17%
Sodium 0mg	0%
Total Carbohydrate 31g	11%
Dietary Fiber 1g	4%
Total Sugars 16g	
Includes 0g Added Sugars	0%
Protein 3g	6%
Vitamin D 0mcg	0%
Calcium 416mg	30%
Iron 0.18mg	0%
Potassium 6251mg	130%
Vitamin A	300%
Vitamin C	2%

*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.