

Jonathan Lord

Nutrition Label

Muffin, Blueberry

Nutrition Facts

Serving Size 3 oz (85g)

Servings Per Container 2

Amount Per Serving

Calories 330 **Calories from Fat** 160

% Daily Value*

Total Fat 18g **28%**

Saturated Fat 7g **35%**

Trans Fat 0g

Cholesterol 40mg **13%**

Sodium 330mg **14%**

Total Carbohydrate 39g **13%**

Dietary Fiber 1g **5%**

Sugars 22g

Protein 3g

Vitamin A 0% • **Vitamin C** 0%

Calcium 2% • **Iron** 2%

* 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

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: sugar, bleached enriched wheat flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), modified food starch, corn syrup solids, whey (milk), soybean oil, leavening (sodium bicarbonate, sodium aluminum phosphate), cellulose, distilled monoglycerides, salt, emulsifier (propylene glycol ester of fatty acids, mono-diglycerides, sodium stearoyl lactylate), sodium propionate (preservative), non fat milk, soybean lecithin, disodium phosphate), guar gum, xanthan gum, artificial flavor, whole eggs, blueberries, low fat yogurt (cultured pasteurized low fat milk, concentrated skim milk, natamycin (a natural mold inhibitor), liquid shortening (palm oil, soybean oil), egg whites, egg powder (cellulose gums, sodium bicarbonate, annatto and tumeric enzymes), sodium benzoate (as preservative), soy lecithin, artificial blueberry flavor, vitamin A palmitate, beta carotene (color), vanilla, baking soda, potassium sorbate 60, red 40, blue 2

CONTAINS: Eggs, Milk, Soy, Wheat