

Jonathan Lord

Nutrition Label

Muffin, Corn

Nutrition Facts

Serving Size 3 1/4 oz (92g)

Servings Per Container 2

Amount Per Serving

Calories 350 **Calories from Fat** 160

% Daily Value*

Total Fat 18g **27 %**

Saturated Fat 7g **34 %**

Trans Fat 0g

Cholesterol 35mg **12 %**

Sodium 270mg **11 %**

Total Carbohydrate 46g **15 %**

Dietary Fiber 1g **5 %**

Sugars 21g

Protein 3g

Vitamin A 0% • **Vitamin C** 0%

Calcium 2% • **Iron** 4%

* 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, degerminated cornmeal, liquid shortening (palm oil, soybean oil), egg whites, egg powder (cellulose gums, sodium bicarbonate, annatto and tumeric enzymes), vanilla, potassium sorbate

CONTAINS: Eggs, Milk, Soy, Wheat