

Jonathan Lord

Nutrition Label

Muffin, Double Chocolate Chip

Nutrition Facts			
Serving Size 3 oz (85g)			
Servings Per Container 2			
Amount Per Serving			
Calories	340	Calories from Fat	170
% Daily Value*			
Total Fat	19g		30%
Saturated Fat	8g		40%
Trans Fat	0g		
Cholesterol	40mg		13%
Sodium	400mg		17%
Total Carbohydrate	41g		14%
Dietary Fiber	1g		5%
Sugars	25g		
Protein	3g		
Vitamin A 0% • Vitamin C 0%			
Calcium 4% • 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), corn syrup solids, cocoa processed with alkali, modified food starch, whey (milk), caramel color, salt, soybean oil, distilled monoglycerides, cellulose, leavening (sodium bicarbonate, sodium aluminum phosphate), soy flour, emulsifier (propylene glycol ester of fatty acids, mono-diglycerides, sodium stearoyl lactylate), sodium propionate (preservative), natural & artificial flavors, guar gum, cinnamon, red # 40 lake, whole eggs, chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin (an emulsifier), vanillin (an artificial flavor), 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 turmeric enzymes), sodium benzoate (as preservative), soy lecithin, artificial flavor, vitamin A palmitate, beta carotene (color), vanilla, baking soda, potassium sorbate

CONTAINS: Eggs, Milk, Soy, Wheat