

Jonathan Lord

Nutrition Label

Muffin, Banana Chip

Nutrition Facts		* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Serving Size 3 oz (85g)		Calories	2,000 2,500
Servings Per Container 2			
Amount Per Serving			
Calories	340	Calories from Fat	170
% Daily Value*			
Total Fat	19g		29 %
Saturated Fat	8g		39 %
Trans Fat	0g		
Cholesterol	35mg		12 %
Sodium	320mg		13 %
Total Carbohydrate	41g		14 %
Dietary Fiber	1g		4 %
Sugars	24g		
Protein	3g		
Vitamin A	0 %	Vitamin C	0 %
Calcium	2 %	Iron	2 %

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, 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, banana flavor, egg powder (cellulose gums, sodium bicarbonate, annatto and tumeric enzymes), sodium benzoate (as preservative), soy lecithin, artificial flavor, vitamin A palmitate, beta carotene (color), vanilla, baking soda, potassium sorbate, caramel color

CONTAINS: Eggs, Milk, Soy, Wheat