



Nutrition Facts	
approx 36 Servings Per Container	
Serving size	3.5oz (100g)
Amount per serving	
Calories	370
% Daily Value*	
Total Fat 19g	24%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 300mg	13%
Total Carbohydrate 44g	16%
Dietary Fiber 1g	4%
Total Sugars 21g	
Includes 20g Added Sugars	40%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron 1mg	6%
Potassium 43mg	0%
*The % Daily Value 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.	
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Lemon Poppy Seed

Muffin-batter | Gourmet

Try a light & refreshing lemon flavored muffin with poppy seeds throughout.

Product Specifications:

Item ID	UPC
19208	0 49578 19208 3

Case Pack	Portions/Case	Cut/Uncut
2	N/A	

Unit Weight	Net/Gross Weight	Bulk Pack/Layer Pack
8 lbs	16 lbs./17.5 lbs.	BULK

Case Cube	Length/Width/Height	Ti/Hi
0.520	17 3/8" X 9 1/8" X 5 5/8"	10 X 10

Frozen Shelf Life	Refrigerated Shelf Life	Ambient Shelf Life
1 Year	4 to 5 Days	N/A

Ingredients:

enriched wheat flour (wheat, barley, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, sour cream (cultured pasteurized light cream & nonfat milk, modified corn starch, sodium phosphate, guar gum, carrageenan, locust bean gum, enzyme), egg whites, soybean oil, bleached wheat flour, corn syrup, poppy seeds, baking powder (corn starch, sodium aluminum phosphate, baking soda, monocalcium phosphate), salt, natural & artificial lemon flavor, soy lecithin, natural vanilla flavor, ascorbic acid, baking soda.

Allergens:

EGG, MILK, SOY, WHEAT

