

# ALMOND POPPYSEED MUFFIN 20 CT.

86576

4/13/2012

<b>Nutrition Facts</b>		Amount/Serving	% DV*	Amount/Serving	% DV*
Serv. Size	1 Muffin (140g)	<b>Total Fat</b>	33g 51%	<b>Total Carb.</b>	64g 21%
Serv. Per Cont.	About 20	Sat Fat	5g 27%	Fiber	1g 4%
<b>Calories</b>	580	Trans Fat	0.5	Sugars	37g
Calories from Fat	300	<b>Cholesterol</b>	10mg 37%	<b>Protein</b>	8g 17%
*Percent Daily Values (DV) are based on a 2,000 calorie diet.		<b>Sodium</b>	470mg 20%		
		Vitamin A	4%	Vitamin C	0%
		Calcium	10%	Iron	15%

INGREDIENTS: Cake Base (sugar, enriched wheat flour bleached (flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, wheat bran, soybean oil, honey, wheat starch, soy flour, dry whey leavening (baking soda), honey, high fructose corn syrup, nonfat milk solids, dry egg whites, salt, nonfat dry milk, corn syrup, calcium propionate (as preservative), soy lecithin, calcium stearate, azodicarbonamide (dough conditioner)), Pastuerized Whole Eggs, Soybean oil, water, Almond Flavor (water, artificial flavors, xanthan gum, citric acid & sodium benzoate), Poppy Seeds, Almonds.  
CONTAINS: WHEAT, SOY, MILK, EGGS, TREE NUTS (Almonds)