



## HP UM Fresh Muffin – Blueberry

<b>Nutrition Facts</b>	
Serving Size 1 muffin (142.00g/5oz)	
<b>Amount Per Serving</b>	
<b>Calories 540</b> Calories from Fat 270	
	<b>% Daily Value*</b>
<b>Total Fat</b> 30g	<b>46%</b>
Saturated Fat 5g	<b>25%</b>
<b>Cholesterol</b> 80mg	<b>27%</b>
<b>Sodium</b> 530mg	<b>22%</b>
<b>Total Carbohydrate</b> 66g	<b>22%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 36g	
<b>Protein</b> 9g	
Vitamin A 4%	• Vitamin C 2%
Calcium 6%	• Iron 15%
* 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 65 g    80 g
Saturated Fat	Less than 20 g    25 g
Cholesterol	Less than 300 mg    300 mg
Sodium	Less than 2,400 mg    2,400 mg
Total Carbohydrate	300 g    375 g
Dietary Fiber	25 g    30 g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

**INGREDIENTS:** Enriched Flour (Bleached Flour, Malted Barley, Niacin, Iron, Thiamine Mono-nitrate, Riboflavin, Folic Acid ), Sugar, Soybean Oil, Water, Whole Eggs, Blueberries, Modified Food Starch, Whey, Salt, Leavening (Sodium Acid Pyrophosphate, Sodium Aluminum Phosphate, Sodium Bicarbonate), Propylene Glycol Monoesters, Mono & Diglycerides, Sodium Steroyl Lactylate, Polysorbate 60, Natural and Artificial Flavor, Potassium Sorbate (To Retard Spoilage).

**May contain Almonds, Walnuts, and/or Peanuts.**

**Contains: Eggs, Wheat, Milk, Soy**

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