

LEMON POPPYSEED MUFFIN 20 CT.**86577**

4/13/2012

Nutrition Facts		Amount/Serving	% DV*	Amount/Serving	% DV*				
Serv. Size	1 Muffin (150g)	Total Fat	32g	49%	Total Carb.	66g	22%		
Serv. Per Cont.	About 20	Sat Fat	5g	27%	Fiber	0g	2%		
Calories	580	Trans Fat	0.5g		Sugars	39g			
Calories from Fat	290	Cholesterol	15mg	39%	Protein	7g	15%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.		Sodium	500mg	21%					
		Vitamin A	4%	Vitamin C	0%	Calcium	8%	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, Lemon Flavor (water, natural flavors, xanthan gum, citric acid, sodium benzoate, BHA and [FD & C Yellow # 5]), Poppy Seeds, Yellow Color (water, high fructose corn syrup, corn syrup, glycerine, FD & C Yellow #5, Yellow #6, sugar, modified food starch, sodium benzoate, potassium sorbate (as preservatives), carrageenan, xanthan gum and citric acid).

CONTAINS: WHEAT, SOY, MILK, EGGS.