

Nutrition Facts

4 servings per container

Serving size **1 Muffin (85g)**

Amount Per Serving

Calories 190

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 320mg **14%**

Total Carbohydrate 37g **13%**

Dietary Fiber 1g **4%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 6g **12%**

Not a significant source of vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) 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.

INGREDIENTS:

ENRICHED WHEAT FLOUR [FLOUR, MALTED BARLEY FLOUR, REDUCED IRON, NIACIN, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID] WATER, FARINA, YEAST, SALT, SUGAR, CALCIUM PROPIONATE AND SORBIC ACID (TO PRESERVE FRESHNESS), SOYBEAN OIL, WHEAT GLUTEN, GRAIN VINEGAR, SOY LECITHIN, SOY WHEY.

CONTAINS:

WHEAT, SOY, MILK.