



Ingredient Statement and Nutritional Information

#22003 Apple Cinnamon Brown Sugar Muffin

INGREDIENTS: SUGAR, APPLES, EGG, ENRICHED WHEAT FLOUR BLEACHED (FLOUR, NIACIN, REDUCED IRON, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, VEGETABLE OIL (MADE FROM SOYBEAN OIL), GRANULATED SUGAR/REFINED CANE MOLASSES SYRUP, MODIFIED FOOD STARCH, SOYBEAN OIL, CONTAINS LESS THAN 2% OF THE FOLLOWING: DRY WHEY, LEAVENING (SODIUM ALUMINUM PHOSPHATE, BAKING SODA), CINNAMON, VITAL WHEAT GLUTEN, PROPYLENE GLYCOL, SALT, DEXTROSE, CORN STARCH, NATURAL AND ARTIFICIAL FLAVORS, MONO AND DIESTERS OF FATTY ACIDS, MONO AND DIGLYCERIDES, SODIUM STEAROYL LACTYLATE, TRICALCIUM PHOSPHATE, CITRIC ACID, ALPHA TOCOPHEROLS, ASCORBIC ACID (DOUGH CONDITIONER), SOY FLOUR, ASCORBIC ACID OR ERYTHORBIC ACID (PRESERVATIVE), TURMERIC, ALCOHOL, APO CAROTENAL, TOCOPHEROLS.

CONTAINS: WHEAT, MILK, EGG, SOY.

<p>Nutrition Facts Serv. Size: 1/2 muffin (58g), Servings: 2, Amount Per Serving: Calories 190, Fat Cal. 70, Total Fat 8g (12%DV), Sat. Fat 1.5g (8%DV), <i>Trans</i> Fat 0g, Cholest. 35mg (12%DV), Sodium 180mg (8%DV), Total carb. 29g (10%DV), Fiber 1g (3%DV), Sugars 17g, Protein 2g, Vitamin A (0%DV), Vitamin C (0%DV), Calcium (2%DV), Iron (4%DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.</p>
