



Ingredient Statement and Nutritional Information

#23226 Jumbo Lemon Poppyseed Muffin

INGREDIENTS: VANILLA CAKE BASE (SUGAR, ENRICHED WHEAT FLOUR BLEACHED (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), FOOD STARCH-MODIFIED, SOYBEAN OIL, DRY WHEY, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, ALUMINUM SULFATE), SALT, VITAL WHEAT GLUTEN, PROPYLENE GLYCOL MONONSTEARATE, MONO & DIGLYCERIDES, SODIUM STEAROYL LACTYLATE, DEXTROSE, CORN STARCH, NATURAL AND ARTIFICIAL FLAVORS, WHEAT STARCH, ALPHA TOCOPHEROL [AS PRESERVATIVE]), WHOLE EGG, SOYBEAN OIL, WATER, POPPY SEED. **CONTAINS WHEAT, MILK, SOY, AND EGG INGREDIENTS.**

<p>Nutrition Facts Serv. Size: 1/4 muffin (60 g/2.1 oz), Servings: 4, Amount Per Serving: Calories 240, Fat Cal. 110, Total Fat 13g (20%DV), Sat. Fat 2.5g (12%DV), <i>Trans</i> Fat 0g, Cholest. 50mg (17%DV), Sodium 210mg (9%DV), Total carb. 28g (9%DV), Fiber 0g (0%DV), Sugars 16g, Protein 3g, Vitamin A (2%DV), Vitamin C (0%DV), Calcium (2%DV), Iron (6%DV). Percent DailyValues (DV) are based on a 2,000 calorie diet.</p>
