



Ingredient Statement and Nutritional Information

#22018 Pumpkin Muffin

INGREDIENTS: MUFFIN: SUGAR, WATER, ENRICHED WHEAT FLOUR BLEACHED (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SOYBEAN OIL, PUMPKIN, FOOD STARCH-MODIFIED, CONTAINS 2% OR LESS OF: WHOLE EGGS, CARBOXYMETHYLCELLULOSE, SOY LECITHIN, ANNATTO EXTRACT, TURMERIC, DRY WHEY, PROPYLENE GLYCOL MONO & DIESTERS OF FATTY ACIDS, MONO & DIGLYCERIDES, SALT, LEAVENING (BAKING SODA, MONOCALCIUM PHOSPHATE, SODIUM ALUMINUM PHOSPHATE), SODIUM STEROYL LACTYLATE, VITAL WHEAT GLUTEN, CORN STARCH, WHEAT STARCH, CALCIUM PROPIONATE & POTASSIUM SORBATE (PRESERVATIVES), DEXTROSE, ALPHA TOCOPHEROL (PRESERVATIVE) NATURAL & ARTIFICIAL FLAVOR, SPICE. **TOPPING:** ENRICHED WHEAT FLOUR BLEACHED (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, PARTIALLY HYDROGENATED VEGETABLE SHORTENING (SOYBEAN AND/OR COTTONSEED OIL), BROWN SUGAR, FOOD-STARCH MODIFIED, SOYBEAN OIL, DRY WHEY, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, ALUMINUM SULFATE), SALT, CINNAMON, VITAL WHEAT GLUTEN, PROPYLENE GLYCOL MONOSTEARATE, MONO & DIGLYCERIDES, SODIUM STEAROYL LACTYLATE, DEXTROSE, CORN STARCH, NATURAL AND ARTIFICIAL FLAVOR, WATER, WHEAT STARCH, ALPHA TOCOPHEROL (PRESERVATIVE).

CONTAINS MAJOR FOOD ALLERGENS: WHEAT, MILK, EGG, SOY.

Nutrition Facts

Serv. Size: 1/2 muffin (65g), Servings: about 2, Amount Per Serving: **Calories** 210, Fat Cal. 90, **Total Fat** 10g (16%DV), Sat. Fat 7g (37%DV), *Trans* Fat 0g, **Cholest.** 15mg (5%DV), **Sodium** 180mg (8%DV), **Total carb.** 29g (10%DV), Fiber 1g (4%DV), Sugars 17g, **Protein** 2g, Vitamin A (25%DV), Vitamin C (4%DV), Calcium (2%DV), Iron (4%DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.