

Product Information



Amount/serving		% Daily Value*		Amount/serving		% Daily Value*	
Total Fat	12g		19 %	Total Carbohydrate	65g		22 %
Saturated Fat	2.5g		11 %	Dietary Fiber	1g		5 %
Trans Fat	0g			Sugars	30g		
Cholesterol	25mg		8 %	Protein	4g		
Sodium	320mg		13 %				

Serving Size 1 Muffin (113g)
Servings Per Container 1

Calories 390
Calories from Fat 110

Vitamin A	0%	Vitamin C	0%	Calcium	0%	Iron	10%
Thiamin	15%	Riboflavin	10%	Niacin	8%	Folic Acid	15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, BANANAS, MALTODEXTRIN, VEGETABLE OIL (SOYBEAN AND CANOLA OILS), HIGH FRUCTOSE CORN SYRUP, EGGS, WATER. CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: PECANS, WALNUTS, GLYCERIN, MONO- AND DIGLYCERIDES, SODIUM STEAROYL LACTYLATE, MODIFIED CORN STARCH, POTASSIUM SORBATE (PRESERVATIVE), LEAVENING (SODIUM ALUMINUM PHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), SALT, CORN STARCH, NATURAL FLAVORS, LACTYLIC ESTER OF OLEIC ACID, ENZYMES, XANTHAN GUM, SOY FLOUR.

ALLERGEN STATEMENT: CONTAINS WHEAT, EGGS, PECANS, WALNUTS AND SOY