

Nutrition Facts

7 servings per container

Serving size

1 muffin

Amount Per Serving

Calories

110

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0.1g **1%**

Trans Fat 0g

Polyunsaturated Fat 0.2g

Monounsaturated Fat 0.2g

Cholesterol 0mg **0%**

Sodium 135mg **6%**

Total Carbohydrate 24g **9%**

Dietary Fiber 2g **7%**

Total Sugars 12g

Includes 7g Added Sugars **14%**

Protein 2g **4%**

Vitamin D 0.2mcg **0%**

Calcium 90mg **6%**

Iron 0.8mg **4%**

Potassium 96mg **2%**

*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.