

# Nutrition Facts

**Serving size**

**1 large muffin**

**Amount Per Serving**

**Calories**

**280**

**% Daily Value\***

**Total Fat** 14g **18%**

Saturated Fat 2.4g **12%**

*Trans* Fat 0g

Polyunsaturated Fat 7.4g

Monounsaturated Fat 3.3g

**Cholesterol** 45mg **15%**

**Sodium** 240mg **10%**

**Total Carbohydrate** 36g **13%**

Dietary Fiber 3g **11%**

Total Sugars 12g

Includes 11g Added Sugars **22%**

**Protein** 5g **10%**

Vitamin D 0.2mcg 0%

Calcium 35mg 2%

Iron 1.1mg 6%

Potassium 237mg 6%

\*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.