

# Nutrition Facts

Serving size

2 muffins

Amount Per Serving

**Calories**

**170**

% Daily Value\*

**Total Fat** 11g **14%**

Saturated Fat 3.6g **18%**

*Trans* Fat 0g

Polyunsaturated Fat 1.2g

Monounsaturated Fat 4g

**Cholesterol** 315mg **105%**

**Sodium** 400mg **17%**

**Total Carbohydrate** 3g **1%**

Dietary Fiber 0g **0%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

**Protein** 14g **28%**

Vitamin D 1.8mcg **8%**

Calcium 112mg **8%**

Iron 1.2mg **6%**

Potassium 188mg **4%**

\*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.