



Blueberry Bran Muffins

Nutrition Facts

4 servings per container

Serving size 1 muffin (149g)

Amount per serving

Calories 450

% Daily Value*

Total Fat 18g 23%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 35mg 12%

Sodium 270mg 12%

Total Carbohydrate 68g 25%

Dietary Fiber 5g 18%

Total Sugars 32g

Includes 28g Added Sugars 56%

Protein 8g

Vitamin D 0mcg 0%

Calcium 90mg 6%

Iron 2.2mg 10%

Potassium 390mg 8%

*The % Daily Value 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.

INGREDIENTS: WHEAT FLOUR, WHOLE MILK, BLUEBERRIES, SUGAR, CANOLA OIL, MOLASSES, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), EGGS, WHEAT BRAN, BAKING POWDER (CORN STARCH, SODIUM BICARBONATE, SODIUM ALUMINUM SULFATE, MONOCALCIUM PHOSPHATE), TURBINADO SUGAR, SALT.

CONTAINS EGG, MILK, WHEAT.