



Blueberry Muffins

Nutrition Facts

4 servings per container

Serving size 1 muffin (142g)

Amount per serving

Calories 440

% Daily Value*

Total Fat 20g 26%

Saturated Fat 3.5g 18%

Trans Fat 0g

Cholesterol 40mg 13%

Sodium 260mg 11%

Total Carbohydrate 59g 21%

Dietary Fiber 2g 7%

Total Sugars 27g

Includes 23g Added Sugars 46%

Protein 7g

Vitamin D 0mcg 0%

Calcium 60mg 4%

Iron 1mg 6%

Potassium 140mg 2%

*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, SUGAR, BLUEBERRIES, CANOLA OIL, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), EGGS, SOUR CREAM (CULTURED MILK & CREAM, WHEY, MODIFIED CORN STARCH, SODIUM PHOSPHATE, CARRAGEENAN, CALCIUM SULFATE, LOCUST BEAN GUM, GUAR GUM, POTASSIUM SORBATE [PRESERVATIVE]), BUTTER (PASTEURIZED CREAM, NATURAL FLAVORS), BAKING POWDER (CORN STARCH, SODIUM BICARBONATE, SODIUM ALUMINUM SULFATE, MONOCALCIUM PHOSPHATE), SALT.

CONTAINS EGG, MILK, WHEAT.