



# MUFFIN NUTRITIONS

## Banana Pineapple Bran

### Nutrition Facts

Per 95 g  
Serving Per Container 1

<b>Calories 260</b>	% Daily Value*
<b>Total Fat</b> 11 g	14 %
Saturated 1.5 g	8 %
+ Trans 0 g	
<b>Carbohydrate</b> 40 g	
Fiber 7 g	24 %
Sugars 19 g	19 %
<b>Protein</b> 6 g	
<b>Cholesterol</b> 35 mg	
<b>Sodium</b> 330 mg	14 %
Potassium 350 mg	7 %
Calcium 50 mg	4 %
Iron 3 mg	17 %

\* 5% or less is a little, 15% or more is a lot

## Lemon Blueberry

### Nutrition Facts

1 serving per container  
Serving size 95 g

Amount per serving	
<b>Calories</b>	<b>380</b>
	% Daily Value *
<b>Total Fat</b> 21g	27%
Saturated Fat 2g	11%
Trans Fat 0g	
<b>Cholesterol</b> 25mg	8%
<b>Sodium</b> 180mg	8%
<b>Total Carbohydrate</b> 43g	15%
Dietary Fiber 1g	4%
Total Sugars 21g	
Includes 0g Added Sugars	0%
<b>Protein</b> 4g	
Vitamin D 0.5mcg	2%
Calcium 20mg	2%
Iron 1.5mg	8%
Potassium 50mg	2%

## Carrot Raisin

### Nutrition Facts

1 serving per container  
Serving size 95 g

Amount per serving	
<b>Calories</b>	<b>320</b>
	% Daily Value *
<b>Total Fat</b> 15g	19%
Saturated Fat 1.5g	7%
Trans Fat 0g	
<b>Cholesterol</b> 30mg	10%
<b>Sodium</b> 280mg	12%
<b>Total Carbohydrate</b> 42g	15%
Dietary Fiber 2g	6%
Total Sugars 24g	
Includes 0g Added Sugars	0%
<b>Protein</b> 4g	
Vitamin D 0.2mcg	2%
Calcium 40mg	4%
Iron 1.6mg	8%
Potassium 190mg	4%

## Raspberry Blueberry Sunflower

### Nutrition Facts

Per 90 g  
Serving Per Container 1

<b>Calories 340</b>	% Daily Value*
<b>Total Fat</b> 17 g	22 %
Saturated 1.5 g	9 %
+ Trans 0.2 g	
<b>Carbohydrate</b> 43 g	
Fiber 3 g	9 %
Sugars 22 g	22 %
<b>Protein</b> 6 g	
<b>Cholesterol</b> 35 mg	
<b>Sodium</b> 270 mg	12 %
Potassium 175 mg	4 %
Calcium 50 mg	4 %
Iron 2 mg	11 %