



## Banana Nut Muffin

<b>Nutrition Facts</b>	
Serving Size 1 Muffin (142g)	
Amount Per Serving	
<b>Calories</b> 560	Calories from Fat 280
% Daily Value*	
<b>Total Fat</b> 31g	<b>48%</b>
Saturated Fat 6g	<b>30%</b>
Trans Fat 0g	
<b>Cholesterol</b> 105mg	<b>35%</b>
<b>Sodium</b> 440mg	<b>18%</b>
<b>Total Carbohydrate</b> 64g	<b>21%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 34g	
<b>Protein</b> 8g	
Vitamin A 2%	• Vitamin C 2%
Calcium 4%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: SUGAR, ENRICHED WHEAT FLOUR BLEACHED (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), EGGS, SOYBEAN OIL, WATER, FOOD STARCH-MODIFIED, BANANA, DRY WHEY, WALNUTS, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, ALUMINUM SULFATE), SALT, VITAL WHEAT GLUTEN, MAY CONTAIN 2% OR LESS OF: PROPYLENE GLYCOL MONOSTEARATE, MONO & DIGLYCERIDES, SODIUM STEAROYL LACTYLATE, DEXTROSE, CORN STARCH, NATURAL AND ARTIFICIAL FLAVOR, WATER, WHEAT STARCH, ALPHA TOCOPHEROL AS PRESERVATIVE, NATURAL AND ARTIFICIAL FLAVORS.

Contains Egg, Milk, Walnuts, Wheat.  
 Manufactured in a Facility that Processes Soy  
 and Peanuts.