



# Honey Bran Muffin

<b>Nutrition Facts</b>	
Serving Size 5 oz (142g)	
Amount Per Serving	
<b>Calories</b> 440	Calories from Fat 170
% Daily Value*	
<b>Total Fat</b> 19g	<b>29%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol</b> 55mg	<b>18%</b>
<b>Sodium</b> 450mg	<b>19%</b>
<b>Total Carbohydrate</b> 62g	<b>21%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 28g	
<b>Protein</b> 7g	
Vitamin A 2%	• Vitamin C 0%
Calcium 6%	• 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: ENRICHED WHEAT FLOUR BLEACHED (FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, WATER, WHEAT BRAN, EGGS (WHOLE EGGS AND DRY EGG WHITES), SOYBEAN OIL, FOOD STARCH-MODIFIED, SOY FLOUR, DRY WHEY, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, ALUMINUM SULFATE), DRY HONEY, HIGH FRUCTOSE CORN SYRUP, NON FAT MILK SOLIDS, RAISINS, MAY CONTAIN 2% OR LESS OF: SALT, CORN SYRUP, VITAL WHEAT GLUTEN, PROPYLENE GLYCOL MONOSTEARATE, MONO & DIGLYCERIDES, SODIUM STEAROYL LACTYLATE, DEXTROSE, CORN STARCH, WHEAT STARCH, ALPHA TOCOPHEROL AND CALCIUM PROPIONATE AS PRESERVATIVE, SOY LECITHIN, CALCIUM STEARATE, SILICONE DIOXIDE, CITRIC ACID, NATURAL AND ARTIFICIAL FLAVOR.

Contains Egg, Milk, Wheat.  
 Manufactured in a facility that Processes Peanuts, Tree Nuts, and Soy.

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