



Lemon Poppy Seed Muffin

Nutrition Facts	
Serving Size 5.2 oz (147g)	
Amount Per Serving	
Calories 600	Calories from Fat 280
% Daily Value*	
Total Fat 31g	48%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 110mg	37%
Sodium 520mg	22%
Total Carbohydrate 72g	24%
Dietary Fiber 1g	4%
Sugars 38g	
Protein 8g	
Vitamin A 4%	• 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: SUGAR, ENRICHED WHEAT FLOUR BLEACHED (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), FOOD STARCH-MODIFIED, EGGS, SOYBEAN OIL, WATER, DRY WHEY, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, ALUMINUM SULFATE), SALT, VITAL WHEAT GLUTEN, MAY CONTAIN 2% OR LESS OF: VEGETABLE SHORTENING (MAY CONTAIN ONE OR MORE OF THE FOLLOWING: PARTIALLY HYDROGENATED SOYBEAN, COTTONSEED, OR PALM OIL), BUTTER, HIGH FRUCTOSE CORN SYRUP, PROPYLENE GLYCOL MONOSTEARATE, MONO & DIGLYCERIDES, SODIUM STEAROYL LACTYLATE, LEMON PEEL, CORN SYRUP, DEXTROSE, CORN STARCH, CITRIC ACID, PECTIN, SODIUM CITRATE, NATURAL AND ARTIFICIAL FLAVOR, WHEAT STARCH, ALPHA TOCOPHEROL, SODIUM BENZOATE, SODIUM PROPIONATE, POTASSIUM SORBATE AS PRESERVATIVES, NATURAL & ARTIFICIAL FLAVOR, YELLOW #5, MILK.

Contains Egg, Milk, Wheat.

Manufactured in a facility that processes Soy, Peanuts, Tree nuts.

8556 S 2940 W
 West Jordan, UT 84088
 1-800-748-4335
 dunfordbakers.com