

Corn Muffin

Nutrition Facts

Serving Size 1 item (61g)

Servings Per Container 1 muffin

Amount Per Serving

Calories 230

Total Fat 11g

Trans Fat

Sodium 200mg

Total Carbohydrate 29g

Dietary Fiber 0g

Sugars 12g

Protein 3g

% Daily Value

Protein • Vitamin A 0%

Vitamin C 0% • Calcium 0%

Iron 6%

Ingredients: Enriched flour (flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, sugar, soybean oil, enriched yellow corn meal (yellow corn meal, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), egg yolks, baking powder (sodium acid pyrophosphate, baking soda), egg whites, salt.