

Cranberry Orange Muffin

Nutrition Facts

Serving Size 1 muffin (61g)
Servings Per Container 1

Amount Per Serving

Calories 180 **Calories from Fat** 70

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 1.5g **8%**

Trans Fat

Cholesterol 40mg **13%**

Sodium 160mg **7%**

Total Carbohydrate 24g **8%**

Dietary Fiber 1g **4%**

Sugars 14g

Protein 3g

Vitamin A 2% • Vitamin C 0%

Calcium 2% • Iron 4%

* 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

Ingredients: Sugar, bleached enriched flour (bleached flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), eggs, cranberries, partially hydrogenated soybean oil, water, oranges, modified corn starch, whey, mono & diglycerides, baking powder (sodium aluminum phosphate, baking soda), vital wheat gluten, salt, natural and artificial flavor, sodium stearoyl lactylate, sorbitan monostearate, nonfat milk, calcium acetate, xanthan gum, guar gum, corn starch, polysorbate 60, yeast.