

Nutrition Facts

Serving Size 1 muffin (100g)

Servings Per Container 1

Amount Per Serving

Calories 392

Total Fat 23g

Trans Fat 0g

Sodium 310mg

Total Carbohydrate 42g

Dietary Fiber 2g

Sugars 25g

Protein 5g

% Daily Value

Protein 36% • Vitamin A 40%

Vitamin C 0% • Calcium 4%

Iron 8%

Ingredients: Enriched flour (flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), soybean oil, sugar, water, carrots, raisins, walnuts with BHT added to protect flavor, high fructose corn syrup, apples with erythorbic acid and citric acid (preservatives), eggs, coconut with sodium bisulfite added to protect color, spice, baking soda, vital wheat gluten, salt, corn starch, artificial color, artificial and natural flavor.