Fat Free Honey Raisin Bran

Nutritional Facts

Serving size 2 oz. (56g) 1/2 Muffin

Amount per Serving	
Calories 140	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0**%
Saturated Fat 0g	**0**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 210mg	**9**%
Total Carbohydrate 32g	**11**%
Dietary Fiber 1g	**4**%
Sugar 19g	
Protein 2g	

Vitamin A	0%	• Vitamin C	0%
Calcium	2%	• Iron	2%

*Percent Daily Values (DV) 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	2,400 mg	2,400mg
Potassium	Less than	3,500 mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Bleached Wheat Flour, Water, Sugar, Raisins, Wheat Bran, Egg Whites, Nonfat Milk Powder, Invert Syrup, Molasses, Modified Food Starch, Honey, Leavening (Baking Soda, Sodium Aluminum Phosphate, Monocalcium Phosphate), Caramel Color, Emulsifier (Hydrated Mono and Diglycerides, Polysorbate 60, Sodium Stearoyl, Lactylate, Phosphoric Acid, Sodium Propionate, Sodium Benzoate), Diacetyl Tartaric Esters of Mono and Diglycerides, Salt, Potassium Sorbate (Preservative), Dextrose, Cinnamon, Guar Gum, Natural and Artificial Flavor, Gum Acacia, Corn Starch, Calcium, Alginate.

Allergen Information:
Contains Wheat, Soy, Milk and Eggs. Manufactured in a Facility that Processes Tree Nuts.