

Fiber One Apple Cinnamon Bun

Nutritional Facts	
Serving size 1 Muffin (65g)	
Amount per Serving	
Calories 170	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 170mg	7%
Total Carbohydrate 34g	11%
Dietary Fiber 7g	28%
Sugar 18g	
Protein 3g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 6%

*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: Whole Grain Wheat Flour, Water, Sugar, Eggs, Apples, Inulin (Natural Chicory Fiber), Light Cream Cheese (Pasteurized Cultured Milk and Cream, Salt, Carob Bean Gum) Cinnamon Chips (Sugar, Partially Hydrogenated Palm Kernel Oil, Cocoa, Natural and Artificial Cinnamon Flavor, Sorbitan, Monostearate (Emulsifier), Salt, Soy Lecithin (Emulsifier), Vanillin), Oat Fiber, Brown Sugar, Oat Flakes, Soybean Oil, Molasses, Modified Corn Starch, Leavening (Baking Soda, Sodium Aluminum Phosphate, Monocalcium Phosphate), Natural and Artificial Flavor, Whey, Potassium Sorbate (Preservative), Emulsifiers (Mono and Diglycerides, Sodium Stearoyl Lactylate), Salt, Wheat Gluten, Glucose Syrup, Dextrose, Fiber (Rice, Carrot and/or Apple), Gum Blend (Xanthan, Guar), Nut Blend (Almonds, Cashews, Coconut, Macadamias, Walnuts).

Topping: Sugar, Wheat Flour, Corn Flour, Dextrose, Soybean Oil, Wheat Starch, Natural and Artificial Flavors, Cinnamon and Salt.

Allergen Information:

Contains Wheat, Eggs, Milk, Soy, Almonds, Cashews, Coconut, Macadamias and Walnuts.