

Fiber One banana chocolate chip

Nutritional Facts	
Serving size 1 Muffin (65g)	
Amount per Serving	
Calories 180	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 190mg	8%
Total Carbohydrate 36g	12%
Dietary Fiber 7g	28%
Sugar 19g	
Protein 3g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 10%

*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, Bananas, Eggs, Inulin (Natural Chicory Fiber), Chocolate Chips (Sugar, Chocolate Liqueur, Dextrose, Cocoa Butter, Soy Lecithin, Vanillin), Soy Oil, Oats, Brown Sugar, Molasses, Oat Fiber, 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, Cocoa (Processed with Alkali), Partially Hydrogenated Vegetable Oil (Soybean and/or Cottonseed), Salt, Natural and Artificial Flavors.

Allergen Information:

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