

# Rich & Moist Honey Bran

## Nutritional Facts

Serving size 4 oz. (113g) 1 Muffin

### Amount per Serving

**Calories 380**    Calories from Fat 160

% Daily Value\*

**Total Fat** 18g                      **28%**

Saturated Fat 3g                      **15%**

Trans Fat 0g

**Cholesterol** 75mg                      **25%**

**Sodium** 340mg                      **14%**

**Total Carbohydrate** 54g                      **18%**

Dietary Fiber 2g                      **8%**

Sugar 29g

**Protein** 5g

Vitamin A 2%    •    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:** Sugar, Enriched Bleached Wheat Flour, (Flour Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Eggs, Soybean Oil, Wheat Bran, Modified Food Starch, Honey, Molasses, Leavening (Sodium Aluminum Phosphate, Baking Soda, Monocalcium Phosphate), Emulsifiers (Mono and Diglycerides, Sodium Stearoyl Lactylate), Whey, Salt, Vital Wheat Gluten, Nonfat Milk, Potassium Sorbate (Preservative) Guar Gum, Xanthan Gum, Caramel Color, Natural and Artificial Flavor.

### Allergen Information:

Contains wheat, Soy, Milk and Eggs. Manufactured in a Facility that Processes Tree Nuts.