

Rich & Moist Pineapple Coconut

Nutritional Facts

Serving size 4 oz. (113g) 1 Muffin

Amount per Serving

Calories 390 Calories from Fat 170

% Daily Value*

Total Fat 19g **29%**

Saturated Fat 5g **23%**

Trans Fat 0g

Cholesterol 70mg **23%**

Sodium 340mg **14%**

Total Carbohydrate 51g **17%**

Dietary Fiber 1g **4%**

Sugar 29g

Protein 4g

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, Pineapple, Sweetened Coconut (Coconut, Sugar, Salt, Propylene Glycol, Sodium Metabisulfate (Preserves Whiteness)), Modified Food Starch, Leavening (Sodium Aluminum Phosphate, Baking Soda, Monocalcium Phosphate), Emulsifiers (Mono and Diglycerides, Sodium Stearoyl Lactylate), Natural and Artificial Flavor, Whey, Salt, Vital Wheat Gluten, Nonfat Milk, Potassium Sorbate (Preservative), Guar Gum Xanthan Gum.

Allergen Information:

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