

Smart Portion Blueberry

Nutritional Facts

Serving size 1 Muffin (32g)

Amount per Serving

Calories 80 Calories from Fat 5

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 135mg **6%**

Total Carbohydrate 18g **6%**

Dietary Fiber 2g **8%**

Sugar 9g

Protein 4g

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: Whole Grain Wheat Flour, Sugar, Water, Egg Whites, Blueberries, Nonfat Dry Milk, Modified Food Starch, Wheat Bran, Leavening (Baking Soda, Sodium Aluminum Phosphate, Monocalcium Phosphate), Emulsifiers (Hydrated Mono and Diglycerides, Polysorbate 60, Sodium Stearoyl Lactylate, Phosphoric Acid, Sodium Propionate, Sodium Benzoate), Glucose Syrup, Dextrose, Fiber, Potassium Sorbate and Sorbic Acid (Preservatives), Natural and Artificial Flavor, Diacetyl Tartaric Esters of Mono and Diglycerides, Glycerin, Salt, Guar Gum, Gum Acacia, Corn Starch, Polyglycerol Esters, Calcium Alginate.

Topping: Rolled Oats

Allergen Information:

Contains Wheat, Soy, Milk, and Eggs. Manufactured on Shared Equipment With Nuts. May Contain Nuts