

Sugar Free My Sweet Multi Bran

Nutritional Facts

Serving size 2 oz. (56g) 1 Muffin

Amount per Serving

Calories 120 Calories from Fat 25

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 280mg **12%**

Total Carbohydrate 28g **9%**

Dietary Fiber 1g **4%**

**Sugar 1g

***Sugar Alcohol 12g

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: Enriched Wheat Flour (Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) Water, Maltitol, Polydextrose, Wheat Bran, Oat Bran, Partially Hydrogenated Soybean Oil (Propylene Glycol Mono and Diesters of Fats and Fatty Acids, Mono and Diglycerides, Lecithin), Egg Solids, Leavening (Baking Soda, Sodium Aluminum Phosphate), Sesame Seeds, Salt, Soy Flour, Nonfat Dry Milk, Modified Food Starch, Cracked Rye, Caramel Color, Potassium Sorbate and Sorbic Acid (Preservatives) Carrageenan, Acesulfame Potassium (Artificial Sweetener), Artificial Flavor.

ALLERGEN INFORMATION: Contains wheat, soy, milk and eggs. Manufactured in a facility that processes tree nuts.

** 1 gram of sugar derived from all-natural blueberries

*** DIABETICS: SUGAR ALCHOLOS HAVE MINIMAL EFFECT ON BLOOD GLUCOSE LEVELS