Sugar Free Sweet Chocolate Dreams

Nutritional Facts

Serving size 2 oz. (56g) 1 Muffin

Amount per Serving	
Calories 130	Calories from Fat 25
	% Daily Value*
Total Fat 3g	**5**%
Saturated Fat 0.5g	**3**%
Trans Fat 0g	
Cholesterol 15mg	**5**%
Sodium 290mg	**12**%
Total Carbohydrate 29g	**10**%
Dietary Fiber 1g	**4**%
**Sugar 1g	
***Sugar Alcohol 15g	
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 (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) Water, Maltitol Syrup, Cocoa Powder (Treated with Alkali), Soybean Oil, Whole Egg Solids, Modified Food Starch, Partially Hydrogenated Soybean Oil (contains Propylene Glycol, Mono and Diesters of Fats and Fatty Acids, Mono and Diglycerides, Soy Lecithin), Soy Flour, Salt, Leavening (Baking Soda, Sodium Aluminum Phosphate), Oat Fiber, Nonfat Dry Milk, Natural and Artificial Flavor, Potassium Sorbate (Preservative).

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