# Sugar Free Sweet Summer Corn

## 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** 10mg | **3**% |
| **Sodium** 210mg | **9**% |
| **Total Carbohydrate** 31g | **10**% |
| 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 Bleached Wheat Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) Water, Maltitol Syrup,Corn Meal, Polydextrose, Partially Hydrogenated Soybean Oil (with Propylene Glycol, Mono and Diesters of Fats and Fatty Acids, Mono and Diglycerides, Lecithin, BHT added to protect flavor) Modified Food Starch, Whole Egg Solids, Leavening (Baking Soda, Sodium Aluminum Phosphate),Soy Flour, Salt, Oat Fiber, Emulsifier (Polyglycerol Esters), Nonfat Dry Milk, Preservatives (Sorbic Acid and Potassium Sorbate), Sorbitol, Acesulfame Potassium, Artificial Flavor, Turmeric and Annatto added for color.

**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