

Sugar Free Wild Blueberry

Nutritional Facts

Serving size 2 oz. (56g) 1 Muffin

Amount per Serving

Calories 150 Calories from Fat 70

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 40mg **13%**

Sodium 150mg **6%**

Total Carbohydrate 23g **8%**

Dietary Fiber 3g **12%**

**Sugar 1g

***Sugar Alcohol 11g

Protein 2g

Vitamin A 2% • 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: Maltitol Syrup, Whole Eggs, Bleached Wheat Flour, Water, Blueberries, Soybean Oil, Soy Fiber, Modified Food Starch, Wheat Starch, Nonfat Dry Milk, Emulsifier (Propylene Glycol Mono-and Diesters of Fats and Fatty Acids, Mono and Diglycerides (with BHT and Citric Acid to help protect flavor), Sodium Stearoyl Lactylate, Lecithin), Leavening (Sodium Aluminum Phosphate, Acidic with Aluminum Sulfate, Baking Soda), Wheat Gluten, Sodium Caseinate, Potassium Sorbate (Preservative), Salt, Natural and Artificial Flavor, Cellulose Gum, Acesulfame Potassium.

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