

Carrot Zucchini Muffin

Sugar, Bleached & Enriched Flour (enriched with niacin, reduced iron, thiamine monoltrate, riboflavin & Folic Acid), NTF Palm Oil, Modified Food Starch, Dextrose, Sweet whey, Leavening(sodium aluminum phosphate & baking soda), Salt, Vital Evaporated milk), Whole Eggs, Soybean Oil, Grated carrots, Zucchini, Applesauce, Chopped Walnuts, Evaporated Milk, Water, Golden Ground Flaxseed, Cinnamon, Nutmeg, Ginger, Clove.

ALLERGEN STATEMENT: CONTAINS WHEAT, EGGS, MILK, SOY AND WALNUTS.

Nutrition Facts	
Serving Size 100 g	
Amount Per Serving	
Calories 312	Calories from Fat 113
% Daily Value*	
Total Fat 12.5g	19%
Saturated Fat 1.9g	10%
Trans Fat 0.0g	
Cholesterol 49mg	16%
Sodium 308mg	13%
Potassium 152mg	4%
Total Carbohydrates 46.6g	16%
Dietary Fiber 1.8g	7%
Sugars 28.5g	
Protein 4.6g	
Vitamin A 72%	• Vitamin C 3%
Calcium 6%	• Iron 10%
Nutrition Grade B	
* Based on a 2000 calorie diet	