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