Lemon Poppy Seed Muffin

Sugar, Bleached Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Food Starch- Modified, Soybean Oil, Dairy Product Solids (MILK), Dextrose, Contains 2% or Less Of Each Of The Following: Leavening (Sodium Aluminum Phosphate, Sodium Bicarbonate), Vital Wheat Gluten, Salt, Emulsifiers (Mono and Diglycerides, Ascorbic Acid, Citric Acid), Emulsifier (Propylene Glycol Esters Of Fatty Acids, Distilled Monoglycerides, Sodium Stearoyl Lactylate), Sodium Stearoyl Lactylate, Artificial Flavors, Dried Egg Whites, Soy Flour (R11729) Whole Eggs, Soybean Oil, Water, Poppy seeds, Calemulsion K- Naturally and artificially flavored lemon emulsion (Water Propylene Glycol, Natural and Artifical Flavors, Xantham Gum, Propylene Glycol, Alginate, Guar Gum, Mono and Diglycerides, Preservatives (Propyl Gallate, Citric Acid), Yellow 5). Non stick spray (Canola Oil and Soy Oil, Soy Leithin, water and propellant).

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

Nutrition Facts

Serving Size
1 serving (99.9 g)

Amount Per Serving

Calories
392
Calories from Fat
207

% Daily Value*

Total Fat
23.0g
35%

Saturated Fat
3.4g
17%

Trans Fat
0.0g

Cholesterol
59mg
20%

Sodium
381mg
16%

Total Carbohydrates
42.6g
14%

Dietary Fiber
0.7g
3%

Sugars
29.7g

Protein
4.8g

Vitamin A 2%	•	Vitamin C 0%
Calcium 14%	•	Iron 7%

* Based on a 2000 calorie diet