

Nutrition Label

Goodman, Mini Muffins, Pumpkin

| Nutrition Facts | |
|---|-----------------------|
| 6 servings per container | |
| Serving size | 1 muffin (24g) |
| Amount per serving | |
| Calories | 80 |
| % Daily Value * | |
| Total Fat 3.5g | 5% |
| Saturated Fat 0g | 0% |
| <i>Trans</i> Fat 0g | |
| Cholesterol 15mg | 5% |
| Sodium 105mg | 5% |
| Total Carbohydrate 10g | 4% |
| Dietary Fiber 0g | 0% |
| Total Sugars 4g | |
| Includes 3g Added Sugars | 7% |
| Protein 1g | |
| Vitamin D 0.1mcg | 0% |
| Calcium 30mg | 2% |
| Iron 0.2mg | 2% |
| Potassium 20mg | 0% |
| * The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. | |
| Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4 | |