

## Corn Muffins

Nutrition Facts	
4 servings per container	
<b>Serving size</b>	<b>1 muffin (60g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>200</b>
% Daily Value *	
<b>Total Fat</b> 9g	<b>11%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 40mg	<b>13%</b>
<b>Sodium</b> 260mg	<b>11%</b>
<b>Total Carbohydrate</b> 29g	<b>10%</b>
Dietary Fibers 0g	<b>0%</b>
Total Sugars 11g	
Includes 11g Added Sugars	<b>23%</b>
<b>Protein</b> 2g	
Vitamin D 0.2mcg	2%
Calcium 80mg	6%
Iron 0.6mg	4%
Potassium 30mg	0%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories per day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrates 4 • Protein 4	