

4PK Lemon Poppyseed Muffins

Nutrition Facts	
4 servings per container	
Serving size	1 muffin (60g)
Amount per serving	
Calories	210
% Daily Value *	
Total Fat 10g	13%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 40mg	14%
Sodium 280mg	12%
Total Carbohydrate 27g	10%
Dietary Fibers 1g	3%
Total Sugars 11g	
Includes 11g Added Sugars	22%
Protein 2g	
Vitamin D 0.2mcg	2%
Calcium 110mg	8%
Iron 0.7mg	4%
Potassium 40mg	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	