



Miffy's[®]

APPLE SPICE MUFFIN

3" Cupcake Size

Nutrition Facts

Serving Size 1 muffin

Amount Per Serving

Calories 150

% Daily Value*

Total Fat 3.5g	5%
Saturated Fat <1g	1%
<i>Trans Fat</i> 0g	
Cholesterol 19mg	6%
Sodium 89mg	4%*
Total Carbohydrate 26g	8%
Dietary Fiber 2.6g	10%
Total Sugars 13g	
Includes 8g Added Sugars	21%
Protein 3g	
Vitamin D <1mcg	2%
Calcium 71mg	7%
Iron <1 mg	5%
Potassium 75mg	2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

INGREDIENTS: Whole Wheat & Oat Mix (Whole Wheat Flour, Oat Bran, Oats); Brown Sugar, Sugar; Cinnamon; Spices; Aluminum Free Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate); Salt; Milk; Egg; Canola Oil; Fresh Apples; Apple Sauce.

ALLERGENS: Wheat, Egg, Milk, Soy (Lecithin).

*****Nutritional Values may vary slightly per muffin depending on the power of the Baker's scoop.**