



Miffy's[®]

BANANA BLUEBERRY MUFFIN

3" Cupcake Size

Nutrition Facts

Serving Size 1 muffin

Amount Per Serving

Calories 165

% Daily Value*

Total Fat 4g 6%

Saturated Fat 0.4g 2%

Trans Fat 0g

Cholesterol 19mg 6%

Sodium 92mg 4%

Total Carbohydrate 29g 10%

Dietary Fiber 3g 12%

Total Sugars 14g

Includes 8g Added Sugars 22%

Protein 3.4g

Vitamin D <1mcg 2%

Calcium 75mg 7%

Iron <1 mg 5%

Potassium 158mg 4%

* 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; Aluminum Free Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate); Salt; Milk; Egg; Canola Oil; Fresh Banana; Fresh Blueberries.

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

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