



Miffy's[®]

BANANA CHOCOLATE CHIP MUFFIN

3" Cupcake Size

Free of Wheat / Vegan

Nutrition Facts

Serving Size	1 muffin
Amount Per Serving	
Calories	185
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1.4g	7%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%*
Sodium 83mg	3%
Total Carbohydrate 30g	10%
Dietary Fiber 2.5g	10%
Total Sugars 15g	
Includes 8g Added Sugars	25%
Protein 2.5g	
Vitamin D <1 mg	1%
Calcium 53mg	5%
Iron <1 mg	5%
Potassium 169mg	5%

* 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: Gluten Free Flour & Oat Mix (Brown Rice Flour, Potato Starch, Oat Bran, Oats, Tapioca Flour); Brown Sugar; Sugar; Cinnamon; Aluminum Free Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate); Xanthan Gum; Salt; Rice Milk; Flax Seed; Canola Oil; Fresh Banana; Semi Sweet Chocolate Chips (Sugar, Chocolate Liquor, Cocoa Butter, Soy Lecithin).

ALLERGENS: Soy (Lecithin).

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