



# Miffy's<sup>®</sup>

## BANANA CHOCOLATE CHIP MUFFIN

3" Cupcake Size

### Nutrition Facts

Serving Size 1 muffin

Amount Per Serving

**Calories 185**

% Daily Value\*

**Total Fat** 6g 9%

Saturated Fat 1.4g 7%

*Trans 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.**