



# Miffy's<sup>®</sup>

## LEMON POPPYSEED MUFFIN

3" Cupcake Size

<b>Nutrition Facts</b>	
<b>Serving Size</b>	1 muffin
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>170</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 5g	8%
Saturated Fat 0.5g	3%
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 24mg	8%
<b>Sodium</b> 97mg	4%
<b>Total Carbohydrate</b> 24g	8%
Dietary Fiber 3g	10%
Total Sugars 12g	
Includes 12g Added Sugars	20%
<b>Protein</b> 3g	
Vitamin D <1mcg	2%
Calcium 99mg	10%
Iron <1 mg	5%
Potassium 67mg	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; Aluminum Free Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate); Salt; Milk; Egg; Canola Oil; Apple Sauce; Lemon Extract; Lemon Puree; Lemon Zest, Poppyseeds.

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

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