

Blueberry Corn Muffins - Ogden

Nutrition Facts	
Serving Size 1/2 Muffin 3oz (88g) Servings Per Container 2	
Amount Per Serving	
Calories 180	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 260mg	11%
Total Carbohydrate 28g	9%
Dietary Fiber 2g	8%
Sugars 10g	
Protein 4g	
Vitamin A 4%	• Vitamin C 2%
Calcium 6%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Corn (Corn, Water, Salt (for flavor)), Cultured Buttermilk (Cultured Low fat Milk, Nonfat Dry Milk, food Starch Modified, Sodium Citrate, Salt, Mono & Diglycerides, Carrageenan, Locust Bean Gum, Vitamin A Palmitate, Vitamin D3.), Cornmeal (Degerminated yellow corn meal, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), Blueberries, Sugar, Fresh Ground 100% Whole Wheat Flour, Butter (Pasteurized Milk, Salt, contains: milk)), Eggs, Enriched White Flour (Enriched Wheat Flour (Niacin, Reduced Iron, Thiamine, Mononitrate, Riboflavin, Folic Acid), Enzyme (Improves yeast baking)), Baking Powder (Sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate) and Salt.

CONTAINS: WHEAT, MILK AND EGG