

Date Nut Cranberry Muffins - Ogden

<b>Nutrition Facts</b>	
Serving Size 1/2 Muffin 3.5oz (100g) Servings Per Container 2	
<b>Amount Per Serving</b>	
<b>Calories 280</b>	<b>Calories from Fat 100</b>
<b>% Daily Value*</b>	
<b>Total Fat 11g</b>	<b>17%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 3020mg</b>	<b>126%</b>
<b>Total Carbohydrate 41g</b>	<b>14%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 24g	
<b>Protein 5g</b>	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 6%
*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:** Water, Honey, Fresh Ground 100% Whole Wheat Flour, Rolled Oats, Dried Cranberries (Cranberries, Sugar, Sunflower Oil), Soybean Oil, Dates, Cultured Buttermilk (Cultured Lowfat Milk, Nonfat Dry Milk, Food Starch Modified, Sodium Citrate, Salt, Mono & Diglycerides, Carrageenan, Locust, Bean Gum, Vitamin A Palmate, Vitamin D3.), Salt, Walnuts, Baking Soda, Natural and Artificial Vanilla Flavoring, Cinnamon, Allspice.  
**CONTAINS:** WHEAT, WALNUTS, MILK AND SOY

\*You can state just Natural or just Artificial Flavoring depending on what your product's label says. Extracts should be listed as Natural and/or Artificial Flavoring.