



Serving Size Nutrition

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Description Banana Nut Predeposited Muffin

Artificially Flavored

Nutrition Facts			
Serving Size		1 Muffin, Baked (140g)	
Amount Per Serving			
Calories	540	Calories from Fat	240
			% Daily Value*
Total Fat	27g		42%
Saturated Fat	4.5g		23%
Trans Fat	0g		
Cholesterol	100mg		33%
Sodium	510mg		21%
Total Carbohydrates	66g		22%
Dietary Fiber	1g		4%
Sugars	33g		
Protein	8g		
Vitamin A	2 %	Vitamin C	0 %
Calcium	4 %	Iron	10 %
Thiamine	15 %	Riboflavin	10 %
Niacin	10 %	Folic Acid	15 %
*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
Sat 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	
Carbohydrates		4	
Protein		4	

INGREDIENTS: ENRICHED WHEAT FLOUR BLEACHED (FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, EGGS, BANANA PUREE, SOYBEAN OIL, WATER, WALNUTS, FOOD STARCH-MODIFIED, WHEY, LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE, SODIUM ALUMINUM PHOSPHATE), PROPYLENE GLYCOL MONO & DIESTERS OF FATTY ACIDS, MONO & DIGLYCERIDES, SALT, VITAL WHEAT GLUTEN, CARAMEL COLOR, XANTHAN GUM, ARTIFICIAL FLAVOR, SOY LECITHIN.

CONTAINS MAJOR FOOD ALLERGENS (WHEAT, EGGS, WALNUTS, MILK, SOY)

THIS PRODUCT IS MANUFACTURED ON EQUIPMENT THAT PROCESSES ITEMS CONTAINING TREE NUTS.

Note: This nutritional analysis has been generated using ESHA Genesis R&D Nutritional Software. Donut Connection cannot guarantee, nor shall be liable for the accuracy of this data when it is combined with other nutritional data systems, or when this food product contains ingredients other than those added by Donut Connection.