



Blueberry Predeposited Muffin

Artificially Flavored

Nutrition Facts	
Serving Size 1 Muffin, Baked (140g)	
Amount Per Serving	
Calories 520	Calories from Fat 230
	% Daily Value*
Total Fat 26g	40%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 100mg	33%
Sodium 500mg	21%
Total Carbohydrate 64g	21%
Dietary Fiber 1g	4%
Sugars 32g	
Protein 7g	
Vitamin A 2%	• Vitamin C 0%
Calcium 4%	• Iron 10%
*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

ENRICHED WHEAT FLOUR BLEACHED (FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, EGGS, SOYBEAN OIL, BLUEBERRIES, WATER, CONTAINS 2% OR LESS OF: ARTIFICIAL FLAVOR, FOOD STARCH-MODIFIED, LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE, SODIUM ALUMINUM PHOSPHATE), MONO- AND DIGLYCERIDES, PROPYLENE GLYCOL MONO- AND DIESTERS OF FATTY ACIDS, SALT, SOY LECITHIN, VITAL WHEAT GLUTEN, WHEY, XANTHAN GUM.

Allergens

Contains Egg, Milk, Soy, Wheat.

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.