



# 100 Gram Nutrition

PO Box 844 • Harrisburg, NC 28075 • 412-443-6766 • www.donutconnection.com

## Description Lemon Poppy Seed Muffin Batter

Naturally Flavored with Other Natural Flavors

### Based on 100 Grams of Bakery Product

|                     |        |     |
|---------------------|--------|-----|
| Moisture            | 28.52  | g   |
| Ash                 | 1.29   | g   |
| Calories            |        | 371 |
| Protein             | 5.04   | g   |
| Total Carbohydrate  | 46.26  | g   |
| Total Fiber         | 0.70   | g   |
| Insoluble Fiber     | 0.01   | g   |
| Soluble Fiber       | 0.09   | g   |
| Sugar               | 25.47  | g   |
| Sugar Alcohols      | 0.00   | g   |
| Fat                 | 18.62  | g   |
| Saturated Fat       | 3.06   | g   |
| Monounsaturated Fat | 4.86   | g   |
| Polyunsaturated Fat | 9.08   | g   |
| <i>Trans</i> Fat    | 0.21   | g   |
| Cholesterol         | 67.92  | mg  |
| Sodium              | 313.21 | mg  |
| Potassium           | 89.86  | mg  |
| Vitamin A           | 40.49  | IU  |
| Vitamin C           | 0.10   | mg  |
| Thiamine            | 0.18   | mg  |
| Riboflavin          | 0.19   | mg  |
| Niacin              | 1.22   | mg  |
| Calcium             | 57.43  | mg  |
| Iron                | 1.50   | mg  |
| Phosphorus          | 132.79 | mg  |
| Folic Acid          | 37.17  | ug  |
| Sulfites            | 2      | ppm |

INGREDIENTS: WATER, SUGAR, ENRICHED WHEAT FLOUR BLEACHED (FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SOYBEAN OIL, EGGS, POPPY SEEDS, FOOD STARCH-MODIFIED, WHEY, PROPYLENE GLYCOL MONO- AND DIESTERS OF FATTY ACID, MONO- AND DIGLYCERIDES, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE), VITAL WHEAT GLUTEN, SALT, NATURAL FLAVOR, XANTHAN GUM, SOY LECITHIN, NATURAL MIXED TOCOPHEROLS, BETA CAROTENE (AS COLOR), ALPHA TOCOPHEROLS AS PRESERVATIVE.

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

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.