



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.