



100 Gram Nutrition

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Description Variety Muffin

Based on 100 Grams of Bakery Product

Moisture	7.06	g
Ash	2.89	g
Calories		404
Protein	7.41	g
Total Carbohydrate	73.84	g
Total Fiber	1.30	g
Insoluble Fiber	0.08	g
Soluble Fiber	0.01	g
Sugar	35.44	g
Sugar Alcohols	0.00	g
Fat	8.31	g
Saturated Fat	3.72	g
Monounsaturated Fat	3.11	g
Polyunsaturated Fat	1.16	g
<i>Trans</i> Fat	0.07	g
Cholesterol	34.42	mg
Sodium	677.97	mg
Potassium	137.24	mg
Vitamin A	22.30	IU
Vitamin C	0.11	mg
Thiamine	0.42	mg
Riboflavin	0.34	mg
Niacin	3.03	mg
Calcium	42.96	mg
Iron	2.65	mg
Phosphorous	305.82	mg
Folic Acid	80.65	ug
Sulfites	3	ppm

INGREDIENTS: ENRICHED WHEAT FLOUR (FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, PALM OIL, DRY WHEY, DRY WHOLE EGG, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE), WHEAT STARCH, SALT, SOY FLOUR, SODIUM CASEINATE, DEXTROSE, MONO & DIGLYCERIDES, NONFAT DRY MILK, ARTIFICIAL FLAVOR, CORN STARCH.

CONTAINS MAJOR FOOD ALLERGENS (WHEAT, MILK, EGGS, 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.