

## Muffin, Blueberry WG (Otis)

### Nutrition Facts

Serving Size: Each

### **ALLERGENS**

Eggs, Soy, Wheat

Amount Per Serving

Calories: 190

Calories from Fat: 54

<b>Total Fat:</b>	<b>6.0g</b>
Saturated Fat:	2.0g
Trans Fat:	0.00
<b>Cholesterol:</b>	<b>45mg</b>
<b>Sodium:</b>	<b>130mg</b>
<b>Total Carbohydrate:</b>	<b>30.0g</b>
Dietary Fiber:	2.0g
Sugars:	16.0g
<b>Protein:</b>	<b>3.0g</b>

Vitamin A: 100RE

Vitamin C: .0mg

Calcium: 20.0mg

Iron: 1.1mg

The accuracy of the information shown above is based on data obtained from food manufacturers, food distributors, product packaging, and the USDA Child Nutrition database. Ingredients and menu items are subject to change or substitution. Please consult your own physician or medical professional for assistance with your specific medical or dietary situation.

### Ingredients

Muffin, Blueberry IW WG 2 oz (mfg label): WHOLE WHEAT FLOUR, SUGAR, EGGS, WATER, ENRICHED BLEACHED FLOUR (BLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), BLUEBERRIES, INVERT SUGAR, SOYBEAN OIL, CONTAINS 2% OR LESS OF: PALM OIL, CANOLA OIL, OAT FIBER, LEAVENING (SODIUM ALUMINUM PHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), PROPYLENE GLYCOL MONO- AND DIESTERS OF FATS AND FATTY ACIDS, MONO- AND DIGLYCERIDES, MODIFIED CORN STARCH, POTASSIUM SORBATE (PRESERVATIVE), SODIUM ALGINATE, PROPYLENE GLYCOL MONOSTEARATE, SALT, MONO- AND DIGLYCERIDES, SODIUM STEAROYL LACTYLATE, SOY LECITHIN, NATURAL AND ARTIFICIAL FLAVORS, BLUEBERRY JUICE CONCENTRATE, BLACKBERRY JUICE CONCENTRATE, MALIC ACID, ENZYMES. CONTAINS: WHEAT, EGGS, SOY [903363]