

Muffin Mix, Blueberry (400-3007) 18 Oz. Box Palm Oil

05/21/2013

Nutrition Facts	
Serving Size (42g)	
Servings Per Container	
Amount Per Serving	
Calories 170	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	8%
Total Carbohydrate 33g	11%
Dietary Fiber 0g	0%
Sugars 19g	
Protein 2g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 4%
Thiamin 6%	• Riboflavin 4%
Niacin 4%	• Folate 6%
*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: Sugar, Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Blueberry Nuggets (Sugar, Corn Flour, Dextrose, Palm Oil, Corn Starch, Natural and Artificial Flavor, Dried Blueberries, Blue #2, Red #40), Food Starch - Modified, Palm Oil, Canola Oil, Non-Fat Dry Milk, Corn Starch, Sodium Aluminum Phosphate, Salt, Sodium Bicarbonate, Sodium Stearoyl Lactylate (Emulsifier), Artificial Flavor, Cellulose Gum, Pectin, Distilled Monoglycerides, Lecithin.

Contains Milk, Soy, Wheat.

Made on equipment that also makes products containing egg ingredients.

Serving Size: 1/4 cup (42 g), One Muffin

Net Weight: 1.13 Lbs. (510 g)

Servings per Container: 12

Directions:

Mix contents of the package with 1 cup of water, 1/4 cup of vegetable oil, and 2 eggs. Spoon into greased muffin tins or paper muffin cups.

Bake at 375 degrees F for 18-22 minutes. Makes 10-12 muffins.