Heart Healthy Whole Grain Muffin Mix # 4
1/17/2012

09/05/2012

Nutrition Facts

Serving Size (38g)
Servings Per Container

Amount Per Serving

Calories 140	Calories from Fat 10
	% Daily Value*
Total Fat 1g	**2**%
Saturated Fat 0g	**0**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 190mg	**8**%
Total Carbohydrate 29g	**10**%
Dietary Fiber 3g	**12**%
Sugars 14g	
Protein 4g	

Vitamin A 0% • Vitamin C 0%
Calcium 20% • Iron 6%
Vitamin D 10%

*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: 100% Whole Wheat Flour, Sugar, 100% Whole Oat Flour, Brown Sugar, Wheat Bran, Milled Flaxseed, Dried Egg Whites, Calcium Carbonate, Non-Fat Dry Milk, Food Starch - Modified, Sodium Aluminum Phosphate, Salt, Sodium Bicarbonate, Cellulose Gum, Sodium Stearoyl Lactylate (Emulsifier), Artificial Flavor, Pectin, Distilled Monoglycerides, Lecithin, Vitamin D3.

Contains Egg, Milk, Soy, Wheat.

Serving Size: 1/4 cup (38 g)
One Muffin

Servings per Container: About 14

Net Weight: 18 Oz. (510 g)

Directions: Preheat oven to 375 degrees F. Combine in a medium mixing bowl: one bag of the Heart Healthy Whole Grain Muffin Mix, 1 1/2 cups of water, and 2 Tbsp of vegetable oil. Mix well.
Spoon into greased muffin tins or paper muffin cups. Bake for 14-18 minutes. Makes 12-14 muffins.