

Nutrition Facts

Serving Size Dry Muffin Mix (w/ cranberries) (67g)

Servings Per Container 24

Amount Per Serving

Calories 270 Calories from Fat 80

% Daily Value*

Total Fat 9g **13%**

Saturated Fat 1g **4%**

Cholesterol 0mg **0%**

Sodium 290mg **12%**

Total Carbohydrate 46g **15%**

Dietary Fiber 6g **25%**

Sugars 26g

Protein 6g

Vitamin A 0% • Vitamin C 0%

Calcium 10% • Iron 15%

INGREDIENTS FOR MUFFIN: Whole Ground Flaxseed Meal, Sugar, Unbleached Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin and Folic Acid), Cinnamon, Baking Powder (Sodium Bicarbonate, Sodium Aluminum Sulfate, Starch, Calcium Sulfate, and Monocalcium Phosphate), Salt, Sodium Bicarbonate. CRANBERRIES: Cranberries and Sugar.