

## 4.4 oz FlaxSnax Muffin

<b>Nutrition Facts</b>	
Serving Size 1 muffin (125g)	
Servings Per Container 1	
<b>Amount Per Serving</b>	
<b>Calories 440</b> Calories from Fat 230	
% Daily Value*	
<b>Total Fat</b> 25g	<b>39%</b>
Saturated Fat 2g	<b>10%</b>
Polyunsaturated Fat 11g	
Monounsaturated Fat 12g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 340mg	<b>14%</b>
<b>Potassium</b> 230mg	<b>7%</b>
<b>Total Carbohydrate</b> 49g	<b>16%</b>
Dietary Fiber 8g	<b>32%</b>
Sugars 31g	
<b>Protein</b> 7g	
Vitamin A 0%	• Vitamin C 15%
Calcium 10%	• Iron 15%
*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
Potassium	3,500mg 3,500mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Each muffin has 4,350 mg Omega 3 and 1,760 mg Omega 6.