

Nutrition Facts

2 servings per container

Serving size 1 cup (255g)

	Per 1 cup		Per container	
Calories	220		440	
	% DV*		% DV*	
Total Fat	8%	5g	15%	10g
Saturated Fat	10%	2g	20%	4g
Trans Fat		0g		0g
Cholesterol	5%	15mg	10%	30mg
Sodium	10%	240mg	21%	480mg
Total Carbs	12%	35g	23%	70g
Dietary Fiber	21%	6g	43%	12g
Sugars		7g		14g
Added Sugars		4g		8g
Protein		9g		18g
Vitamin D	25%	5mcg	50%	10mcg
Calcium	15%	200mg	30%	400mg
Iron	6%	1mg	10%	2mg
Potassium	10%	470mg	20%	940mg

* Footnote on Daily Values (DV) and calories reference to be inserted here.

Nutrition Facts

12 servings per container

Serving size 1/2 Muffin (114g)

	Per 1/2 muffin		Per 1 muffin	
Calories	380		760	
	% DV*		% DV*	
Total Fat	25%	16g	50%	32g
Saturated Fat	15%	3g	30%	6g
Trans Fat		0g		0g
Cholesterol	17%	50mg	33%	100mg
Sodium	21%	480mg	42%	960mg
Total Carbs	19%	56g	37%	112g
Dietary Fiber	7%	2g	14%	4g
Sugars		32g		64g
Added Sugars		30g		60g
Protein		3g		6g
Vitamin D	0%	0.1mcg	2%	0.2mcg
Calcium	4%	40mg	6%	80mg
Iron	10%	2mg	20%	4mg
Potassium	4%	190mg	8%	380mg

* Footnote on Daily Values (DV) and calories reference to be inserted here.