



Dawn 00945181

Banana Nut Muffin

Artificially Flavored

Nutrition Facts	
Serving Size 117g (4.14 oz or 1 Muffin, Baked)	
Amount Per Serving	
Calories 440 Calories from Fat 220	
	% Daily Value
Total Fat 24g	37%
Saturated Fat 4g	20%
<i>Trans</i> Fat 0g	
Cholesterol 80mg	27%
Sodium 340mg	14%
Total Carbohydrate 50g	17%
Dietary Fiber 1g	4%
Sugars 29g	
Protein 6g	
Vitamin A 2%	Vitamin C 6%
Thiamine 10%	Riboflavin 10%
Niacin 8%	Calcium 2%
Iron 10%	Folic Acid 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
Sat 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, ENRICHED WHEAT FLOUR BLEACHED (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHOLE EGGS, SOYBEAN OIL, BANANA PUREE (WITH CITRIC ACID AND ASCORBIC ACID), WHEY, WALNUTS, FOOD STARCH-MODIFIED, PROPYLENE GLYCOL MONO & DIESTERS, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, ALUMINUM SULFATE), SALT, NATURAL AND ARTIFICIAL FLAVOR, MONO & DIGLYCERIDES, CORN OIL, COCOA PROCESSED WITH ALKALI, XANTHAN GUM, SOY LECITHIN, WHEAT STARCH, CITRIC ACID. (6) 041607
CONTAINS MAJOR FOOD ALLERGENS (WHEAT, EGGS, MILK, WALNUTS, SOY)

Note: This product can be labeled as "0 grams Trans Fat" only if Dawn Food Products, Inc. bag directions are followed as stated and if icings and/or toppings added are 0 grams Trans fat.

Note: This nutritional analysis has been generated by the Dawn Label Ready™ Program. Dawn Food Products, Inc. cannot guarantee, nor shall be liable for the accuracy of this data when it is combined with other nutritional data systems, or when this food product contains ingredients other than those added by Dawn Food Products, Inc.

