



# Dawn 00945214

## Blueberry Muffin

Artificially Flavored

<b>Nutrition Facts</b>	
Serving Size 117g (4.14 oz or 1 Muffin, Baked)	
<b>Amount Per Serving</b>	
<b>Calories</b> 420 Calories from Fat 200	
	<b>% Daily Value</b>
<b>Total Fat</b> 22g	34%
Saturated Fat 4g	20%
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 80mg	27%
<b>Sodium</b> 350mg	15%
<b>Total Carbohydrate</b> 51g	17%
Dietary Fiber 0g	0%
Sugars 29g	
<b>Protein</b> 6g	
Vitamin A 2%	Vitamin C 0%
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), SOYBEAN OIL, WHOLE EGGS, WHEY, BLUEBERRIES, FOOD STARCH-MODIFIED, PROPYLENE GLYCOL MONO & DIESTERS, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, ALUMINUM SULFATE), SALT, MONO & DIGLYCERIDES, CORN OIL, PROPYLENE GLYCOL, XANTHAN GUM, SOY LECITHIN, NATURAL AND ARTIFICIAL FLAVOR, WATER, WHEAT STARCH, CITRIC ACID, LACTIC ACID. (6) 041607  
**CONTAINS MAJOR FOOD ALLERGENS (WHEAT, EGGS, MILK, 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.

