



# Dawn 00945298 Bran Muffin

<b>Nutrition Facts</b>			
Serving Size 117g (4.14 oz or 1 Muffin, Baked)			
<b>Amount Per Serving</b>			
<b>Calories</b> 410 Calories from Fat 170			
	<b>% Daily Value</b>		
<b>Total Fat</b> 19g	29%		
Saturated Fat 3g	15%		
<i>Trans</i> Fat 0g			
<b>Cholesterol</b> 80mg	27%		
<b>Sodium</b> 320mg	13%		
<b>Total Carbohydrate</b> 55g	18%		
Dietary Fiber 3g	12%		
Sugars 32g			
<b>Protein</b> 6g			
Vitamin A 2%	Vitamin C 0%		
Thiamine 15%	Riboflavin 10%		
Niacin 10%	Calcium 4%		
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, WHEY, SOYBEAN OIL, RAISINS, WHEAT BRAN, MOLASSES, FOOD STARCH-MODIFIED, PROPYLENE GLYCOL MONO & DIESTERS, CARAMEL COLOR, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, ALUMINUM SULFATE), SALT, MONO & DIGLYCERIDES, XANTHAN GUM, SOY LECITHIN, WHEAT STARCH, CITRIC 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.

