



# SmDawn 00960155 Lemon Poppy Muffin

<b>Nutrition Facts</b>			
Serving Size 117g (4.14 oz or 1 Muffin, Baked)			
<b>Amount Per Serving</b>			
<b>Calories</b> 440 Calories from Fat 210			
	<b>% Daily Value</b>		
<b>Total Fat</b> 23g	35%		
Saturated Fat 4g	20%		
<i>Trans</i> Fat 0g			
<b>Cholesterol</b> 80mg	27%		
<b>Sodium</b> 350mg	15%		
<b>Total Carbohydrate</b> 52g	17%		
Dietary Fiber 1g	4%		
Sugars 30g			
<b>Protein</b> 6g			
Vitamin A 2%	Vitamin C 2%		
Thiamine 15%	Riboflavin 10%		
Niacin 6%	Calcium 8%		
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, WHEY, POPPY SEEDS, FOOD STARCH-MODIFIED, WATER, PROPYLENE GLYCOL MONO & DIESTERS, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, ALUMINUM SULFATE), SALT, CORN SYRUP, LEMON PEEL, MONO & DIGLYCERIDES, LEMON PUREE, XANTHAN GUM, NATURAL FLAVOR, SOY LECITHIN, PECTIN, PROPYLENE GLYCOL, LEMON JUICE CONCENTRATE, PHOSPHORIC ACID, POTASSIUM SORBATE AND SODIUM BENZOATE (AS PRESERVATIVES), CITRIC ACID, GUAR GUM, SODIUM CITRATE, GLUCOSE, WHEAT STARCH, YELLOW 5, ASCORBIC ACID, BETA CAROTENE AS COLOR, TURMERIC (AS COLOR), ALPHA TOCOPHEROLS AS PRESERVATIVE. (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.

