

FP-Muffin-Bran

INGREDIENTS: Buttermilk, Unbleached Flour (Malted), Sugar, Eggs, Raisins, Non-GMO Canola Oil, Wheat Germ, Blackstrap Molasses, Wheat Bran, Honey, Baking Soda, Baking Powder, Cinnamon, Vanilla Extract, Salt

Nutrition Facts	
Serving Size 1 Bran Muffin (130 g)	
Servings Per Container 1	
Amount Per Serving	
Calories 400	Calories from Fat 120
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 1.5g	8%
<i>Trans</i> Fat 0g	
Cholesterol 55mg	18%
Sodium 560mg	23%
Total Carbohydrate 65g	22%
Dietary Fiber 4g	18%
Sugars 33g	
Protein 9g	18%
Vitamin A	2%
Vitamin C	2%
Calcium	15%
Iron	20%