



**BV Chocolate Muffin, 3.0 oz, SKU# 60800**

Nutrition Facts	Total Fat	8 g	12%	Total Carbohydrate	45 g	15%
Amt/Serving size; 3.0 oz (85 grams)	Sat Fat	1 g	5%	Fiber	2 g	8%
Servings Size: 1 Muffin	Trans fat	0 g		Sugars	19 g	
Calories 270	Cholesterol	20 mg	5%	Protein	4 g	
Calories from Fat 70	Sodium	330 mg	14%			

Vit A – 0% \* Vit C – 0% \* Calcium – 2% \* Iron – 15%

**Ingredients:**

**ENRICHED FLOUR** (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), **SUGAR, WATER, CANOLA OIL, EGGS** (WITH CITRIC ACID AS A PRESERVATIVE), **COCOA** (PROCESSED WITH ALKALI), **FOOD STARCH-MODIFIED, WHEY, LEAVENING** (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORN STARCH, MONOCALCIUM PHOSPHATE), **SALT, NATURAL VANILLA FLAVOR** (GLYCERIN, ALCOHOL, WATER, SUGAR, NATURAL FLAVORS (INCLUDING VANILLA BEAN EXTRACTIVES), PROPYLENE GLYCOL)

**CONTAINS:** MILK, EGG, SOY, WHEAT

**BREAD SERVINGS:**  $(85 \times 0.355)/14.75 = 2$  BREADS

Breads	Fruit/Vegetable	Protein
2.0	Na	Na

I certify that the above information is true and correct.

*Laura Trujillo*

6/1/2011

Date

Laura Trujillo, RD, SNS