



BV Blueberry Muffin, 3.0 oz, SKU# 60325

Nutrition Facts	Total Fat	7 g	11%	Total Carbohydrate	44 g	15%
Amt/Serving size; 3.0 oz (85 grams)	Sat Fat	0.5 g	3%	Fiber	1 g	4%
Servings Size: 1 Muffin	Trans fat	0 g		Sugars	19 g	
Calories 260	Cholesterol	15 mg	5%	Protein	3 g	
Calories from Fat 70	Sodium	290 mg	12%			

Vit A – 0% * Vit C – 0% * Calcium – 2% * Iron – 8%

Ingredients:

ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), **SUGAR, WATER, BLUEBERRIES, CANOLA OIL, EGG** (WITH CITRIC ACID AS A PRESERVATIVE), **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: $(85 \times 0.334)/14.75 = 1.92$ BREADS (ROUNDS DOWN TO 1.75)

Breads	Fruit/Vegetable	Protein
1.75	Na	na

I certify that the above information is true and correct.

Laura Trujillo

6/1/2011

Date

Laura Trujillo, RD, SNS