

Neomonde Baking Company

Lemon Flavored Poppy Seed Muffin Regular (4oz.)

Nutrition Facts	
Serving Size 1 Muffin (113g)	
Servings Per Container 12	
Amount Per Serving	
Calories 490	Calories from Fat 250
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% Daily Value*	
Total Fat 28g	43%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 560mg	23%
Total Carbohydrate 54g	18%
Dietary Fiber 1g	4%
Sugars 31g	
Protein 6g	
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Vitamin A 2%	• Vitamin C 0%
Calcium 10%	• Iron 10%
Thiamin 15%	• Riboflavin 15%
Niacin 6%	• Folate 15%
*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
Saturated 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 BLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHOLE EGGS, SOYBEAN OIL, WATER, NATURAL AND ARTIFICIAL FLAVORS, POPPY SEEDS, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: ENRICHED BLEACHED WHEAT FLOUR (WHEAT FLOUR, Malted Barley Flour, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, YOGURT POWDER (NON-FAT MILK SOLIDS, LACTIC ACID, CULTURES, NATURAL AND ARTIFICIAL FLAVORS), SALT, MONO- AND DIGLYCERIDES, SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE, WHEY (MILK), SODIUM STEAROYL LACTYLATE (SSL), BUTTERMILK POWDER, XANTHAN GUM, CELLULOSE GUM, GUAR GUM, GUM ARABIC, CARRAGEENAN, SODIUM CASEINATE (MILK), YELLOW CORN FLOUR, TURMERIC (COLOR), PAPRIKA (COLOR).

Notes:

The information listed above has been compiled from publications of the USDA and from data provided by Caravan's suppliers.

To estimate the nutritional composition of a final baked product composition information for ALL ingredients is required.

Shelf Life:

10 days. 7.19.13