



MUFFIN BATTER

**NUTRITION
&
INGREDIENT STATEMENTS**

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ALL NATURAL GOURMET MUFFIN BATTER

Apple Cinnamon Muffin Batter (#1010)

Nutrition Facts Serving Size 2 oz. (55g) Servings Per Container Varies Calories 150 Calories from Fat 35	Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*	*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
	Total Fat 3.5g	6%	Sodium 180mg	7%	
	Saturated Fat 0.5g	4%	Total Carbohydrate 26g	9%	
	Trans Fat 0g		Dietary Fiber less than 1g	4%	
	Cholesterol 30mg	9%	Sugars 12g		
			Protein 3g		
	Vitamin A 0%	• Vitamin C 0%	Calcium 2%	• Iron 4%	

INGREDIENTS: UNBLEACHED, UNBROMATED, ENRICHED FLOUR (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), APPLES, SUGAR, EGGS, MILK, SOYBEAN OIL, WATER, Contains less than 2% of: CORNSTARCH, LEAVENER (baking soda, sodium acid pyrophosphate, monocalcium phosphate), NATURAL FLAVORS, SPICES, SALT, XANTHAN GUM.

Banana Chocolate Chip Muffin Batter (#1020)

Nutrition Facts Serving Size 2 oz. (55g) Servings Per Container Varies Calories 190 Calories from Fat 80	Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*	*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
	Total Fat 9g	14%	Sodium 170mg	7%	
	Saturated Fat 2g	11%	Total Carbohydrate 25g	8%	
	Trans Fat 0g		Dietary Fiber less than 1g	4%	
	Cholesterol 25mg	9%	Sugars 16g		
			Protein 3g		
	Vitamin A 0%	• Vitamin C 2%	Calcium 2%	• Iron 4%	

INGREDIENTS: BANANAS, UNBLEACHED, UNBROMATED, ENRICHED FLOUR (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), SUGAR, SOYBEAN OIL, EGGS, CHOCOLATE CHIPS [sugar, chocolate liquor, cocoa butter, soy lecithin (an emulsifier)], BUTTERMILK, Contains less than 2% of: CORNSTARCH, NATURAL FLAVORS, LEAVENER (baking soda, sodium acid pyrophosphate, monocalcium phosphate), SALT, SPICES, XANTHAN GUM.

Banana Nut Muffin Batter (#1030)

Nutrition Facts Serving Size 2 oz. (55g) Servings Per Container Varies Calories 160 Calories from Fat 50	Amount / Serving	% Daily Value*	Amount / Serving	% Daily Value*	*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 300 mg Sodium Less than 2,400mg 2,400mg Total Carbohydrate 300g 375g Dietary Fiber 25g 30g Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4
	Total Fat 6g	9%	Total Carbohydrate 25g	8%	
	Saturated Fat 1g	5%	Dietary Fiber 0g	0%	
	Trans Fat 0g		Sugars 13g		
	Cholesterol 25mg	8%	Protein 3g		
	Sodium 170mg	7%			
	Vitamin A 0%	• Vitamin C 2%	Calcium 2%	• Iron 2%	

INGREDIENTS: UNBLEACHED, UNBROMATED, ENRICHED FLOUR (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), BANANAS, BROWN SUGAR, EGGS, BUTTERMILK (milk), SOYBEAN OIL, NUTS (walnuts or pecans), SUGAR, HONEY, Contains less than 2% of: LEAVENER (baking soda, sodium acid pyrophosphate, monocalcium phosphate, cornstarch), NATURAL FLAVORS, WATER, SALT.

Better Morning Muffin Batter (#1040)

Nutrition Facts		Amount / Serving	% Daily Value*	Amount / Serving	% Daily Value*	*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																											
Serving Size 2 oz. (55g) Servings Per Container Varies Calories 190 Calories from Fat 80		Total Fat 9g	14%	Total Carbohydrate 25g	8%		<table border="1"> <tr> <td>Total Fat</td> <td>Less than 65g</td> <td>80g</td> </tr> <tr> <td>Saturated Fat</td> <td>Less than 20g</td> <td>25g</td> </tr> <tr> <td>Cholesterol</td> <td>Less than 300mg</td> <td>300mg</td> </tr> <tr> <td>Sodium</td> <td>Less than 2,400mg</td> <td>2,400mg</td> </tr> <tr> <td>Total Carbohydrate</td> <td>300g</td> <td>375g</td> </tr> <tr> <td>Dietary Fiber</td> <td>25g</td> <td>30g</td> </tr> <tr> <td colspan="3">Calories per gram:</td> </tr> <tr> <td>Fat</td> <td>9</td> <td>Carbohydrate 4</td> </tr> <tr> <td>Protein</td> <td>4</td> <td></td> </tr> </table>	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
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																																
		Saturated Fat 2g	11%	Dietary Fiber 1g	4%																												
		Trans Fat 0g		Sugars 14g																													
		Cholesterol 20mg	6%	Protein 3g																													
		Sodium 150mg	6%																														
		Vitamin A 8%	Vitamin C 2%	Calcium 2%	Iron 6%																												

INGREDIENTS: UNBLEACHED, UNBROMATED, ENRICHED FLOUR (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), SUGAR, SOYBEAN OIL, EGGS, PINEAPPLE (crushed pineapple, pineapple juice), CARROTS, RAISINS, WATER, COCONUT (tree nut), NUTS (walnuts or pecans), APPLES, Contains less than 2% of: SPICES, LEAVENER (baking soda, sodium acid pyrophosphate, monocalcium phosphate), SALT.

Blackberry Muffin Batter (#1050)

Nutrition Facts		Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*	*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																											
Serving Size 2 oz. (55g) Servings Per Container Varies Calories 170 Calories from Fat 60		Total Fat 6g	9%	Sodium 170mg	7%		<table border="1"> <tr> <td>Total Fat</td> <td>Less than 65g</td> <td>80g</td> </tr> <tr> <td>Saturated Fat</td> <td>Less than 20g</td> <td>25g</td> </tr> <tr> <td>Cholesterol</td> <td>Less than 300mg</td> <td>300mg</td> </tr> <tr> <td>Sodium</td> <td>Less than 2,400mg</td> <td>2,400mg</td> </tr> <tr> <td>Total Carbohydrate</td> <td>300g</td> <td>375g</td> </tr> <tr> <td>Dietary Fiber</td> <td>25g</td> <td>30g</td> </tr> <tr> <td colspan="3">Calories per gram:</td> </tr> <tr> <td>Fat</td> <td>9</td> <td>Carbohydrate 4</td> </tr> <tr> <td>Protein</td> <td>4</td> <td></td> </tr> </table>	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
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																																
		Saturated Fat 1g	5%	Total Carbohydrate 25g	8%																												
		Trans Fat 0g		Dietary Fiber less than 1g	4%																												
		Cholesterol 30mg	10%	Sugars 13g																													
				Protein 3g																													
		Vitamin A 2%	Vitamin C 0%	Calcium 2%	Iron 6%																												

INGREDIENTS: UNBLEACHED, UNBROMATED, ENRICHED FLOUR (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), SUGAR, BLACKBERRIES, EGGS, MILK, SOYBEAN OIL, Contains less than 2% of: LEAVENER (baking soda, sodium acid pyrophosphate, monocalcium phosphate), NATURAL FLAVORS, SALT.

Blueberry Muffin Batter (#1060)

Nutrition Facts		Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*	*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																											
Serving Size 2 oz. (55g) Servings Per Container Varies Calories 150 Calories from Fat 35		Total Fat 3.5g	6%	Sodium 160mg	7%		<table border="1"> <tr> <td>Total Fat</td> <td>Less than 65g</td> <td>80g</td> </tr> <tr> <td>Saturated Fat</td> <td>Less than 20g</td> <td>25g</td> </tr> <tr> <td>Cholesterol</td> <td>Less than 300mg</td> <td>300mg</td> </tr> <tr> <td>Sodium</td> <td>Less than 2,400mg</td> <td>2,400mg</td> </tr> <tr> <td>Total Carbohydrate</td> <td>300g</td> <td>375g</td> </tr> <tr> <td>Dietary Fiber</td> <td>25g</td> <td>30g</td> </tr> <tr> <td colspan="3">Calories per gram:</td> </tr> <tr> <td>Fat</td> <td>9</td> <td>Carbohydrate 4</td> </tr> <tr> <td>Protein</td> <td>4</td> <td></td> </tr> </table>	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
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																																
		Saturated Fat 0.5g	4%	Total Carbohydrate 26g	9%																												
		Trans Fat 0g		Dietary Fiber less than 1g	3%																												
		Cholesterol 30mg	10%	Sugars 13g																													
				Protein 3g																													
		Vitamin A 0%	Vitamin C 0%	Calcium 2%	Iron 4%																												

INGREDIENTS: UNBLEACHED, UNBROMATED, ENRICHED FLOUR (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), SUGAR, BLUEBERRIES, EGGS, MILK, SOYBEAN OIL, Contains less than 2% of: CORNSTARCH, LEAVENER (baking soda, sodium acid pyrophosphate, monocalcium phosphate), NATURAL FLAVORS, SALT, XANTHAN GUM.

Chocolate Chip Muffin Batter (#1110)

Nutrition Facts		Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*	*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																											
Serving Size 2 oz. (55g) Servings Per Container Varies Calories 200 Calories from Fat 80		Total Fat 9g	14%	Sodium 150mg	6%		<table border="1"> <tr> <td>Total Fat</td> <td>Less than 65g</td> <td>80g</td> </tr> <tr> <td>Saturated Fat</td> <td>Less than 20g</td> <td>25g</td> </tr> <tr> <td>Cholesterol</td> <td>Less than 300mg</td> <td>300mg</td> </tr> <tr> <td>Sodium</td> <td>Less than 2,400mg</td> <td>2,400mg</td> </tr> <tr> <td>Total Carbohydrate</td> <td>300g</td> <td>375g</td> </tr> <tr> <td>Dietary Fiber</td> <td>25g</td> <td>30g</td> </tr> <tr> <td colspan="3">Calories per gram:</td> </tr> <tr> <td>Fat</td> <td>9</td> <td>Carbohydrate 4</td> </tr> <tr> <td>Protein</td> <td>4</td> <td></td> </tr> </table>	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
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																																
		Saturated Fat 2.5g	12%	Total Carbohydrate 28g	9%																												
		Trans Fat 0g		Dietary Fiber 2g	7%																												
		Cholesterol 25mg	8%	Sugars 17g																													
				Protein 3g																													
		Vitamin A 0%	Vitamin C 0%	Calcium 2%	Iron 4%																												

INGREDIENTS: UNBLEACHED, UNBROMATED, ENRICHED FLOUR (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), SUGAR, CHOCOLATE CHIPS [sugar, chocolate liquor, cocoa butter, soy lecithin (an emulsifier)], SOYBEAN OIL, EGGS, MILK, WATER, HONEY, Contains less than 2% of: CITRUS FIBER, CORNSTARCH, LEAVENER (baking soda, sodium acid pyrophosphate, monocalcium phosphate), NATURAL FLAVORS, SALT, XANTHAN GUM.

Chocolate Chocolate Chip Muffin Batter (#1120)

Nutrition Facts	Amount/Serving		% Daily Value*		Amount/Serving	% Daily Value*		*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	
Serving Size 2 oz. (55g) Servings Per Container Varies Calories 200 Calories from Fat 90	Total Fat	10g	16%		Sodium	130mg	5%		
	Saturated Fat	2.5g	13%		Total Carbohydrate	26g	9%		
	Trans Fat	0g			Dietary Fiber	1g	5%		
	Cholesterol	25mg	9%		Sugars	16g			
					Protein	3g			
	Vitamin A	0%		Vitamin C	0%	Calcium	2%	Iron	6%

INGREDIENTS: SUGAR, UNBLEACHED, UNBROMATED, ENRICHED FLOUR (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), SOYBEAN OIL, CHOCOLATE CHIPS [sugar, chocolate liquor, cocoa butter, soy lecithin (an emulsifier)], EGGS, WATER, MILK, COCOA (processed with alkali), Contains less than 2% of: CORNSTARCH, NATURAL FLAVORS, LEAVENER (baking soda, sodium acid pyrophosphate, monocalcium phosphate), SALT, XANTHAN GUM.

Cinnamon Swirl Muffin Batter with Topping (#1135)

Nutrition Facts	Amount/Serving		% Daily Value*		Amount/Serving	% Daily Value*		*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	
Serving Size 2 oz. (55g) Servings Per Container Varies Calories 180 Calories from Fat 70	Total Fat	8g	12%		Sodium	160mg	7%		
	Saturated Fat	1.5g	7%		Total Carbohydrate	24g	8%		
	Trans Fat	0g			Dietary Fiber	less than 1g	4%		
	Cholesterol	40mg	13%		Sugars	13g			
					Protein	3g			
	Vitamin A	2%		Vitamin C	0%	Calcium	4%	Iron	6%

INGREDIENTS: UNBLEACHED, UNBROMATED, ENRICHED FLOUR (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), SUGAR, MILK, EGGS, SOYBEAN OIL, Contains less than 2% of: SPICES, LEAVENER (baking soda, sodium acid pyrophosphate, monocalcium phosphate), NATURAL FLAVORS, SALT.

Corn Off The Cob Muffin Batter (#1140)

Nutrition Facts	Amount/Serving		% Daily Value*		Amount/Serving	% Daily Value*		*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	
Serving Size 2 oz. (55g) Servings Per Container Varies Calories 160 Calories from Fat 60	Total Fat	7g	11%		Sodium	240mg	10%		
	Saturated Fat	1g	6%		Total Carbohydrate	22g	7%		
	Trans Fat	0g			Dietary Fiber	1g	6%		
	Cholesterol	35mg	11%		Sugars	7g			
					Protein	3g			
	Vitamin A	0%		Vitamin C	2%	Calcium	2%	Iron	4%

INGREDIENTS: CORN (corn, water, salt), UNBLEACHED, UNBROMATED, ENRICHED FLOUR (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), EGGS, SUGAR, SOYBEAN OIL, CORNMEAL, MILK, Contains less than 2% of: LEAVENER (baking soda, sodium acid pyrophosphate, monocalcium phosphate), SALT.

Rich Corn Muffin Batter (#1142)

Nutrition Facts	Amount/Serving		% Daily Value*		Amount/Serving	% Daily Value*		*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	
Serving Size 2 oz. (55g) Servings Per Container Varies Calories 170 Calories from Fat 60	Total Fat	7g	10%		Sodium	190mg	8%		
	Saturated Fat	1.5g	8%		Total Carbohydrate	26g	9%		
	Trans Fat	0g			Dietary Fiber	less than 1g	3%		
	Cholesterol	35mg	12%		Sugars	13g			
					Protein	3g			
	Vitamin A	0%		Vitamin C	0%	Calcium	2%	Iron	4%

INGREDIENTS: UNBLEACHED, UNBROMATED, ENRICHED FLOUR (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), SUGAR, EGGS, BUTTERMILK, SOYBEAN OIL, SOUR CREAM (cultured cream, nonfat milk solids), CORNMEAL, Contains less than 2% of: NATURAL FLAVORS, LEAVENER (baking soda, sodium acid pyrophosphate), WATER, SALT.

Crowded Cranberry Muffin Batter (#1150)

Nutrition Facts		Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*	*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																		
Serving Size 2 oz. (55g) Servings Per Container Varies Calories 150 Calories from Fat 35		Total Fat 4g	6%	Sodium 180mg	8%		<table border="1"> <tr> <td>Total Fat</td> <td>Less than 65g</td> <td>80g</td> </tr> <tr> <td>Saturated Fat</td> <td>Less than 20g</td> <td>25g</td> </tr> <tr> <td>Cholesterol</td> <td>Less than 300mg</td> <td>300mg</td> </tr> <tr> <td>Sodium</td> <td>Less than 2,400mg</td> <td>2,400mg</td> </tr> <tr> <td>Total Carbohydrate</td> <td>300g</td> <td>375g</td> </tr> <tr> <td>Dietary Fiber</td> <td>25g</td> <td>30g</td> </tr> </table> Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	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
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																						
		Saturated Fat 1g	4%	Total Carbohydrate 25g	8%																			
		Trans Fat 0g		Dietary Fiber less than 1g	4%																			
		Cholesterol 30mg	10%	Sugars 13g																				
		Protein 3g		Calcium 2%	Iron 4%																			
		Vitamin A 0%	Vitamin C 2%																					

INGREDIENTS: UNBLEACHED, UNBROMATED, ENRICHED FLOUR (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), SUGAR, CRANBERRIES, EGGS, MILK, SOYBEAN OIL, Contains less than 2% of: LEAVENER (baking soda, sodium acid pyrophosphate), NATURAL FLAVORS, SALT, ORANGE OIL.

Cranberry Nut Muffin Batter (#1160)

Nutrition Facts		Amount / Serving	% Daily Value*	Amount / Serving	% Daily Value*	*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																		
Serving Size 2 oz. (55g) Servings Per Container Varies Calories 150 Calories from Fat 40		Total Fat 4.5g	7%	Total Carbohydrate 23g	8%		<table border="1"> <tr> <td>Total Fat</td> <td>Less than 65g</td> <td>80g</td> </tr> <tr> <td>Saturated Fat</td> <td>Less than 20g</td> <td>25g</td> </tr> <tr> <td>Cholesterol</td> <td>Less than 300mg</td> <td>300 mg</td> </tr> <tr> <td>Sodium</td> <td>Less than 2,400mg</td> <td>2,400mg</td> </tr> <tr> <td>Total Carbohydrate</td> <td>300g</td> <td>375g</td> </tr> <tr> <td>Dietary Fiber</td> <td>25g</td> <td>30g</td> </tr> </table> Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	Total Fat	Less than 65g	80g	Saturated Fat	Less than 20g	25g	Cholesterol	Less than 300mg	300 mg	Sodium	Less than 2,400mg	2,400mg	Total Carbohydrate	300g	375g	Dietary Fiber	25g
Total Fat	Less than 65g	80g																						
Saturated Fat	Less than 20g	25g																						
Cholesterol	Less than 300mg	300 mg																						
Sodium	Less than 2,400mg	2,400mg																						
Total Carbohydrate	300g	375g																						
Dietary Fiber	25g	30g																						
		Saturated Fat 1g	4%	Dietary Fiber 1g	4%																			
		Trans Fat 0g		Sugars 12g																				
		Cholesterol 30mg	9%	Protein 3g																				
		Sodium 180mg	8%	Calcium 2%	Iron 4%																			
		Vitamin A 0%	Vitamin C 2%																					

INGREDIENTS: UNBLEACHED, UNBROMATED, ENRICHED FLOUR (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), SUGAR, CRANBERRIES, EGGS, MILK, NUTS (walnuts or pecans), SOYBEAN OIL, Contains less than 2% of: NATURAL FLAVORS, LEAVENER (baking soda, sodium acid pyrophosphate), SALT, ORANGE OIL.

Lemon Poppyseed Muffin Batter (#1165)

Nutrition Facts		Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*	*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																		
Serving Size 2 oz. (55g) Servings Per Container Varies Calories 180 Calories from Fat 80		Total Fat 8g	13%	Sodium 150mg	6%		<table border="1"> <tr> <td>Total Fat</td> <td>Less than 65g</td> <td>80g</td> </tr> <tr> <td>Saturated Fat</td> <td>Less than 20g</td> <td>25g</td> </tr> <tr> <td>Cholesterol</td> <td>Less than 300mg</td> <td>300mg</td> </tr> <tr> <td>Sodium</td> <td>Less than 2,400mg</td> <td>2,400mg</td> </tr> <tr> <td>Total Carbohydrate</td> <td>300g</td> <td>375g</td> </tr> <tr> <td>Dietary Fiber</td> <td>25g</td> <td>30g</td> </tr> </table> Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	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
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																						
		Saturated Fat 1.5g	8%	Total Carbohydrate 24g	8%																			
		Trans Fat 0g		Dietary Fiber less than 1g	3%																			
		Cholesterol 35mg	12%	Sugars 11g																				
		Protein 4g		Calcium 2%	Iron 6%																			
		Vitamin A 0%	Vitamin C 0%																					

INGREDIENTS: UNBLEACHED, UNBROMATED, ENRICHED FLOUR (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), SUGAR, EGGS, MILK, SOYBEAN OIL, NATURAL FLAVORS, Contains less than 2% of: CORNMEAL, POPPYSEED, LEMON OIL, LEAVENER (baking soda, sodium acid pyrophosphate), LEMONS, SALT, CITRIC ACID.

Peachy Keen Muffin Batter (#1210)

Nutrition Facts		Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*	*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																		
Serving Size 2 oz. (55g) Servings Per Container Varies Calories 160 Calories from Fat 45		Total Fat 5g	8%	Sodium 170mg	7%		<table border="1"> <tr> <td>Total Fat</td> <td>Less than 65g</td> <td>80g</td> </tr> <tr> <td>Saturated Fat</td> <td>Less than 20g</td> <td>25g</td> </tr> <tr> <td>Cholesterol</td> <td>Less than 300mg</td> <td>300mg</td> </tr> <tr> <td>Sodium</td> <td>Less than 2,400mg</td> <td>2,400mg</td> </tr> <tr> <td>Total Carbohydrate</td> <td>300g</td> <td>375g</td> </tr> <tr> <td>Dietary Fiber</td> <td>25g</td> <td>30g</td> </tr> </table> Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	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
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																						
		Saturated Fat 1g	4%	Total Carbohydrate 26g	9%																			
		Trans Fat 0g		Dietary Fiber less than 1g	3%																			
		Cholesterol 15mg	5%	Sugars 14g																				
		Protein 3g		Calcium 2%	Iron 4%																			
		Vitamin A 2%	Vitamin C 20%																					

INGREDIENTS: UNBLEACHED, UNBROMATED, ENRICHED FLOUR (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), PEACHES, SUGAR, SOYBEAN OIL, EGGS, MILK, Contains less than 2% of: LEAVENER (baking soda, sodium acid pyrophosphate, monocalcium phosphate), NATURAL FLAVORS, SALT.

Pineapple Coconut Muffin Batter (#1230)

Nutrition Facts		Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*	*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																		
Serving Size 2 oz. (55g) Servings Per Container Varies Calories 160 Calories from Fat 60		Total Fat 6g	10%	Sodium 160mg	7%		<table border="0"> <tr> <td>Total Fat</td> <td>Less than 65g</td> <td>80g</td> </tr> <tr> <td>Saturated Fat</td> <td>Less than 20g</td> <td>25g</td> </tr> <tr> <td>Cholesterol</td> <td>Less than 300mg</td> <td>300mg</td> </tr> <tr> <td>Sodium</td> <td>Less than 2,400mg</td> <td>2,400mg</td> </tr> <tr> <td>Total Carbohydrate</td> <td>300g</td> <td>375g</td> </tr> <tr> <td>Dietary Fiber</td> <td>25g</td> <td>30g</td> </tr> </table>	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
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																						
		Saturated Fat 1.5g	8%	Total Carbohydrate 23g	8%																			
		Trans Fat 0g		Dietary Fiber less than 1g	4%																			
		Cholesterol 25mg	8%	Sugars 12g																				
				Protein 3g																				
		Vitamin A 0%	• Vitamin C 2%	Calcium 2%	• Iron 6%																			
		Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4																						

INGREDIENTS: UNBLEACHED, UNBROMATED, ENRICHED FLOUR (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), PINEAPPLE (crushed pineapple, pineapple juice), SUGAR, EGGS, SOYBEAN OIL, COCONUT (tree nut), Contains less than 2% of: LEAVENER (baking soda, sodium acid pyrophosphate, monocalcium phosphate), SALT, NATURAL FLAVORS.

Pumpkin Raisin Muffin Batter (#1240)

Nutrition Facts		Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*	*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																		
Serving Size 2 oz. (55g) Servings Per Container Varies Calories 160 Calories from Fat 45		Total Fat 5g	7%	Sodium 160mg	7%		<table border="0"> <tr> <td>Total Fat</td> <td>Less than 65g</td> <td>80g</td> </tr> <tr> <td>Saturated Fat</td> <td>Less than 20g</td> <td>25g</td> </tr> <tr> <td>Cholesterol</td> <td>Less than 300mg</td> <td>300mg</td> </tr> <tr> <td>Sodium</td> <td>Less than 2,400mg</td> <td>2,400mg</td> </tr> <tr> <td>Total Carbohydrate</td> <td>300g</td> <td>375g</td> </tr> <tr> <td>Dietary Fiber</td> <td>25g</td> <td>30g</td> </tr> </table>	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
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																						
		Saturated Fat 1g	4%	Total Carbohydrate 28g	9%																			
		Trans Fat 0g		Dietary Fiber 1g	5%																			
		Cholesterol 25mg	8%	Sugars 17g																				
				Protein 3g																				
		Vitamin A 25%	• Vitamin C 2%	Calcium 2%	• Iron 6%																			
		Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4																						

INGREDIENTS: UNBLEACHED, UNBROMATED, ENRICHED FLOUR (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), PUMPKIN, RAISINS, BROWN SUGAR, EGGS, SOYBEAN OIL, SUGAR, HONEY, MILK, Contains less than 2% of: SPICES, LEAVENER (baking soda, sodium acid pyrophosphate, monocalcium phosphate), SALT, NATURAL FLAVORS.

Sweet Zucchini Nut Muffin Batter (#1282)

Nutrition Facts		Amount / Serving	% Daily Value*	Amount / Serving	% Daily Value*	*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																		
Serving Size 2 oz. (55g) Servings Per Container Varies Calories 170 Calories from Fat 60		Total Fat 7g	10%	Total Carbohydrate 24g	8%		<table border="0"> <tr> <td>Total Fat</td> <td>Less than 65g</td> <td>80g</td> </tr> <tr> <td>Saturated Fat</td> <td>Less than 20g</td> <td>25g</td> </tr> <tr> <td>Cholesterol</td> <td>Less than 300mg</td> <td>300mg</td> </tr> <tr> <td>Sodium</td> <td>Less than 2,400mg</td> <td>2,400mg</td> </tr> <tr> <td>Total Carbohydrate</td> <td>300g</td> <td>375g</td> </tr> <tr> <td>Dietary Fiber</td> <td>25g</td> <td>30g</td> </tr> </table>	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
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																						
		Saturated Fat 1g	5%	Dietary Fiber 1g	3%																			
		Trans Fat 0g		Sugars 13g																				
		Cholesterol 25mg	8%	Protein 3g																				
		Sodium 120mg	5%																					
		Vitamin A 2%	• Vitamin C 4%	Calcium 2%	• Iron 4%																			
		Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4																						

INGREDIENTS: UNBLEACHED, UNBROMATED, ENRICHED FLOUR (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), SUGAR, ZUCCHINI, EGGS, SOYBEAN OIL, NUTS (walnuts or pecans), NATURAL FLAVORS, Contains less than 2% of: LEAVENER (baking soda, sodium acid pyrophosphate, monocalcium phosphate), SPICES, SALT, XANTHAN GUM.

Vanilla Muffin Batter (#1286)

Nutrition Facts		Amount / Serving	% Daily Value*	Amount / Serving	% Daily Value*	*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																		
Serving Size 2 oz. (55g) Servings Per Container Varies Calories 180 Calories from Fat 50		Total Fat 6g	9%	Total Carbohydrate 28g	9%		<table border="0"> <tr> <td>Total Fat</td> <td>Less than 65g</td> <td>80g</td> </tr> <tr> <td>Saturated Fat</td> <td>Less than 20g</td> <td>25g</td> </tr> <tr> <td>Cholesterol</td> <td>Less than 300mg</td> <td>300mg</td> </tr> <tr> <td>Sodium</td> <td>Less than 2,400mg</td> <td>2,400mg</td> </tr> <tr> <td>Total Carbohydrate</td> <td>300g</td> <td>375g</td> </tr> <tr> <td>Dietary Fiber</td> <td>25g</td> <td>30g</td> </tr> </table>	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
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																						
		Saturated Fat 1g	5%	Dietary Fiber 1g	4%																			
		Trans Fat 0g		Sugars 15g																				
		Cholesterol 30mg	10%	Protein 3g																				
		Sodium 180mg	8%																					
		Vitamin A 0%	• Vitamin C 0%	Calcium 2%	• Iron 4%																			
		Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4																						

INGREDIENTS: UNBLEACHED, UNBROMATED, ENRICHED FLOUR (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), SUGAR, EGGS, MILK, SOYBEAN OIL, NATURAL FLAVORS, Contains less than 2% of: WATER, CORNSTARCH, LEAVENER (baking soda, sodium acid pyrophosphate, monocalcium phosphate), SALT, XANTHAN GUM.

ALL NATURAL LOW FAT MUFFIN BATTER

Low Fat Apple Oats 'N Bran Muffin Batter (#1188)

Nutrition Facts Serving Size 2 oz. (55g) Servings Per Container Varies Calories 140 Calories from Fat 25	Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*	*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		
	Total Fat 2.5g	4%	Sodium 170mg	7%			
	Saturated Fat 0g	0%	Total Carbohydrate 26g	9%			
	Trans Fat 0g		Dietary Fiber 1g	5%			
	Cholesterol 15mg	4%	Sugars 11g				
			Protein 3g				
	Vitamin A 0%	•	Vitamin C 0%	Calcium 2%		•	Iron 6%

INGREDIENTS: UNBLEACHED, UNBROMATED, ENRICHED FLOUR (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), APPLES, SUGAR, WATER, EGG WHITES, EGGS, SOYBEAN OIL, Contains less than 2% of: LEAVENER (baking soda, sodium acid pyrophosphate, monocalcium phosphate), SPICES, WHEAT BRAN, NATURAL FLAVORS, OATS, SALT, XANTHAN GUM.

Low Fat Berry Trim Blueberry Muffin Batter (#1175)

Nutrition Facts Serving Size 2 oz. (55g) Servings Per Container Varies Calories 150 Calories from Fat 25	Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*	*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		
	Total Fat 3g	4%	Sodium 180mg	8%			
	Saturated Fat 0g	0%	Total Carbohydrate 27g	9%			
	Trans Fat 0g		Dietary Fiber less than 1g	3%			
	Cholesterol 15mg	5%	Sugars 15g				
			Protein 3g				
	Vitamin A 0%	•	Vitamin C 0%	Calcium 2%		•	Iron 4%

INGREDIENTS: UNBLEACHED, UNBROMATED, ENRICHED FLOUR (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), SUGAR, BLUEBERRIES, WATER, EGGS, EGG WHITES, SOYBEAN OIL, Contains less than 2% of: LEAVENER (baking soda, sodium acid pyrophosphate, monocalcium phosphate), NATURAL FLAVORS, SALT.

Low Fat Very Cherry Delite Muffin Batter (#1173)

Nutrition Facts Serving Size 2 oz. (55g) Servings Per Container Varies Calories 140 Calories from Fat 25	Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*	*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		
	Total Fat 2.5g	4%	Sodium 170mg	7%			
	Saturated Fat 0g	0%	Total Carbohydrate 26g	9%			
	Trans Fat 0g		Dietary Fiber less than 1g	3%			
	Cholesterol 15mg	5%	Sugars 14g				
			Protein 3g				
	Vitamin A 0%	•	Vitamin C 0%	Calcium 2%		•	Iron 4%

INGREDIENTS: UNBLEACHED, UNBROMATED, ENRICHED FLOUR (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), CHERRIES, SUGAR, EGGS, EGG WHITES, WATER, SOYBEAN OIL, Contains less than 2% of: NATURAL FLAVORS, LEAVENER (baking soda, sodium acid pyrophosphate, monocalcium phosphate), SALT.

Low Fat Hearty Raisin Bran Muffin Batter (#1080)

Nutrition Facts	Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*	*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
	Serving Size 2 oz. (55g) Servings Per Container Varies Calories 120 Calories from Fat 20	Total Fat 2.5g	3%	Sodium 140mg	
	Saturated Fat 0g	0%	Total Carbohydrate 26g	9%	
	Trans Fat 0g		Dietary Fiber 3g	14%	
	Cholesterol 15mg	6%	Sugars 15g		
			Protein 3g		
	Vitamin A 0%	Vitamin C 0%	Calcium 4%	Iron 10%	Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: WATER, UNBLEACHED, UNBROMATED, ENRICHED FLOUR (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), WHEAT BRAN, MOLASSES, HONEY, RAISINS, EGGS, SUGAR, SOYBEAN OIL, Contains less than 2% of: WHEY (milk derivative), CORNSTARCH, BAKING SODA, SPICES, SALT, XANTHAN GUM.

Low Fat Peachy Lean Muffin Batter (#1189)

Nutrition Facts	Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*	*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
	Serving Size 2 oz. (55g) Servings Per Container Varies Calories 140 Calories from Fat 25	Total Fat 2.5g	4%	Sodium 170mg	
	Saturated Fat 0g	0%	Total Carbohydrate 26g	9%	
	Trans Fat 0g		Dietary Fiber less than 1g	3%	
	Cholesterol 15mg	5%	Sugars 12g		
			Protein 3g		
	Vitamin A 2%	Vitamin C 20%	Calcium 2%	Iron 4%	Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: UNBLEACHED, UNBROMATED, ENRICHED FLOUR (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), PEACHES, SUGAR, WATER, EGG WHITES, EGGS, SOYBEAN OIL, Contains less than 2% of: NATURAL FLAVORS, LEAVENER (baking soda, sodium acid pyrophosphate, monocalcium phosphate), CORNSTARCH, SALT, XANTHAN GUM.

ALL NATURAL FAT FREE MUFFIN BATTER

Fat Free Apple Spice Muffin Batter (#1900)

Nutrition Facts Serving Size 2 oz. (55g) Servings Per Container Varies Calories 130 Calories from Fat 0	Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*	*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 Potassium 3,500mg 3,500mg Total Carbohydrate 300g 375g Dietary Fiber 25g 30g Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4		
	Total Fat 0g	0%	Potassium 70mg	2%			
	Saturated Fat 0g	0%	Total Carbohydrate 28g	9%			
	Trans Fat 0g		Dietary Fiber less than 1g	4%			
	Cholesterol 0mg	0%	Sugars 14g				
	Sodium 190mg	8%	Protein 3g				
	Vitamin A 0%	•	Vitamin C 0%	Calcium 2%		•	Iron 6%
				Folate 6%			

INGREDIENTS: UNBLEACHED, UNBROMATED, ENRICHED FLOUR (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), SUGAR, WATER, EGG WHITES, APPLES, APPLESAUCE (apples, high fructose corn syrup, corn syrup), Contains less than 2% of: MALTODEXTRIN, NATURAL FLAVORS, LEAVENER (baking soda, sodium acid pyrophosphate, monocalcium phosphate), SPICES, SOY LECITHIN (an emulsifier), SALT.

Fat Free Blueberry Muffin Batter (#1910)

Nutrition Facts Serving Size 2 oz. (55g) Servings Per Container Varies Calories 120 Calories from Fat 0	Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*	*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		
	Total Fat 0g	0%	Sodium 170mg	7%			
	Saturated Fat 0g	0%	Total Carbohydrate 27g	9%			
	Trans Fat 0g		Dietary Fiber less than 1g	3%			
	Cholesterol 0mg	0%	Sugars 13g				
			Protein 3g				
	Vitamin A 0%	•	Vitamin C 0%	Calcium 2%		•	Iron 4%

INGREDIENTS: UNBLEACHED, UNBROMATED, ENRICHED FLOUR (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), SUGAR, BLUEBERRIES, WATER, EGG WHITES, APPLESAUCE (apples, high fructose corn syrup, corn syrup), Contains less than 2% of: MALTODEXTRIN, NATURAL FLAVORS, LEAVENER (baking soda, sodium acid pyrophosphate, monocalcium phosphate), SOY LECITHIN (an emulsifier), SALT.

Fat Free Cranberry Orange Muffin Batter (#1915)

Nutrition Facts Serving Size 2 oz. (55g) Servings Per Container Varies Calories 120 Calories from Fat 0	Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*	*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		
	Total Fat 0g	0%	Sodium 170mg	7%			
	Saturated Fat 0g	0%	Total Carbohydrate 27g	9%			
	Trans Fat 0g		Dietary Fiber less than 1g	4%			
	Cholesterol 0mg	0%	Sugars 13g				
			Protein 3g				
	Vitamin A 0%	•	Vitamin C 4%	Calcium 0%		•	Iron 4%
				Folate 8%			

INGREDIENTS: UNBLEACHED, UNBROMATED, ENRICHED FLOUR (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), SUGAR, CRANBERRIES, WATER, EGG WHITES, APPLESAUCE (apples, high fructose corn syrup, corn syrup), ORANGES, Contains less than 2% of: MALTODEXTRIN, LEAVENER (baking soda, sodium acid pyrophosphate), SALT, SOY LECITHIN (an emulsifier), ORANGE OIL.

Fat Free Morning Medley Muffin Batter (#1920)

Nutrition Facts	Amount/Serving		% Daily Value*		Amount/Serving	% Daily Value*		*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	0g	0%	Sodium		170mg	7%		
Serving Size 2 oz. (55g) Servings Per Container Varies Calories 130 Calories from Fat 0	Saturated Fat	0g	0%	Total Carbohydrate	30g	10%	Total Fat	Less than 65g	80g
	Trans Fat	0g		Dietary Fiber	1g	4%	Saturated Fat	Less than 20g	25g
	Cholesterol	0mg	0%	Sugars	16g		Cholesterol	Less than 300mg	300mg
				Protein	3g		Sodium	Less than 2,400mg	2,400mg
	Vitamin A	15%	•	Calcium	2%	•	Total Carbohydrate	300g	375g
	Vitamin C	2%		Iron	6%		Dietary Fiber	25g	30g
							Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4		

INGREDIENTS: UNBLEACHED, UNBROMATED, ENRICHED FLOUR (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), SUGAR, WATER, EGG WHITES, RAISINS, CARROTS, APPLESAUCE (apples, high fructose corn syrup, corn syrup), PINEAPPLE (crushed pineapple, pineapple juice), Contains less than 2% of: MALTODEXTRIN, NATURAL FLAVORS, LEAVENER (baking soda, sodium acid pyrophosphate, monocalcium phosphate), SPICES, SOY LECITHIN (an emulsifier), SALT.

Fat Free Mountain Berry[®] Muffin Batter (#1925)

Nutrition Facts	Amount/Serving		% Daily Value*		Amount/Serving	% Daily Value*		*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	0g	0%	Potassium		70mg	2%		
Serving Size 2 oz. (55g) Servings Per Container Varies Calories 120 Calories from Fat 0	Saturated Fat	0g	0%	Total Carbohydrate	27g	9%	Total Fat	Less than 65g	80g
	Trans Fat	0g		Dietary Fiber	less than 1g	4%	Saturated Fat	Less than 20g	25g
	Cholesterol	0mg	0%	Sugars	14g		Cholesterol	Less than 300mg	300mg
	Sodium	170mg	7%	Protein	3g		Sodium	Less than 2,400mg	2,400mg
	Vitamin A	0%	•	Calcium	2%	•	Potassium	3,500mg	3,500mg
	Vitamin C	2%		Iron	4%		Total Carbohydrate	300g	375g
				Folate	8%		Dietary Fiber	25g	30g
							Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4		

INGREDIENTS: UNBLEACHED, UNBROMATED, ENRICHED FLOUR (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), SUGAR, WATER, EGG WHITES, BLUEBERRIES, BLACKBERRIES, RASPBERRIES, APPLESAUCE (apples, high fructose corn syrup, corn syrup), Contains less than 2% of: MALTODEXTRIN, NATURAL FLAVORS, LEAVENER (baking soda, sodium acid pyrophosphate, monocalcium phosphate), SOY LECITHIN (an emulsifier), SALT.

MORE THAN MOIST MUFFIN BATTER

More Than Moist Dulce de Leche (Caramel Cream) Muffin Batter (#1163)

Nutrition Facts	Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*	*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
Serving Size 2 oz. (55g) Servings Per Container Varies Calories 190 Calories from Fat 90	Total Fat 10g	15%	Sodium 170mg	7%	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
	Saturated Fat 1.5g	8%	Total Carbohydrate 23g	8%	
	Trans Fat 0g		Dietary Fiber 0g	0%	
	Cholesterol 20mg	7%	Sugars 13g		
			Protein 2g		
	Vitamin A 0%	•	Vitamin C 0%	•	
			Calcium 4%	•	
			Iron 4%	•	

INGREDIENTS: SUGAR, ENRICHED BLEACHED FLOUR (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), SOYBEAN OIL, NONFAT MILK, EGGS, EGG WHITES, WATER, MODIFIED FOOD STARCH, Contains less than 2% of: EMULSIFIERS (propylene glycol, mono- and di-esters of fats and fatty acids, mono- and di-glycerides, soy lecithin, sodium stearyl-2-lactylate), NATURAL AND ARTIFICIAL FLAVORS, WHEAT GLUTEN, SALT, POTASSIUM SORBATE (a preservative), LEAVENER (baking soda, sodium aluminum phosphate, monocalcium phosphate), XANTHAN GUM, CARAMEL COLOR.

More Than Moist Mocha Cinnamon Espresso Muffin Batter (#1125)

Nutrition Facts	Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*	*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
Serving Size 2 oz. (55g) Servings Per Container Varies Calories 200 Calories from Fat 100	Total Fat 11g	17%	Sodium 150mg	6%	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
	Saturated Fat 2.5g	12%	Total Carbohydrate 24g	8%	
	Trans Fat 0g		Dietary Fiber less than 1g	3%	
	Cholesterol 20mg	7%	Sugars 14g		
			Protein 3g		
	Vitamin A 0%	•	Vitamin C 0%	•	
			Calcium 4%	•	
			Iron 4%	•	

INGREDIENTS: SUGAR, ENRICHED BLEACHED FLOUR (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), SOYBEAN OIL, NONFAT MILK, EGGS, EGG WHITES, CINNAMON CHIPS (sugar, palm oil, cinnamon, soy lecithin, natural flavors), NATURAL FLAVORS, Contains less than 2% of: MODIFIED FOOD STARCH, COCOA (processed with alkali), EMULSIFIERS (propylene glycol, mono- and di-esters of fats and fatty acids, mono- and di-glycerides, soy lecithin, sodium stearyl-2-lactylate), WHEAT GLUTEN, SALT, POTASSIUM SORBATE (a preservative), LEAVENER (baking soda, sodium aluminum phosphate, monocalcium phosphate), XANTHAN GUM.

More Than Moist Cinnamon Roll Muffin Batter (#1525)

Nutrition Facts	Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*	*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
Serving Size 2 oz. (55g) Servings Per Container Varies Calories 210 Calories from Fat 100	Total Fat 11g	18%	Sodium 150mg	6%	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
	Saturated Fat 3g	15%	Total Carbohydrate 24g	8%	
	Trans Fat 0g		Dietary Fiber 1g	5%	
	Cholesterol 20mg	7%	Sugars 15g		
			Protein 2g		
	Vitamin A 0%	•	Vitamin C 0%	•	
			Calcium 2%	•	
			Iron 4%	•	

INGREDIENTS: SUGAR, ENRICHED BLEACHED FLOUR (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), SOYBEAN OIL, NONFAT MILK, EGGS, EGG WHITES, WHITE CHOCOLATE CHIPS (sugar, partially hydrogenated palm kernel, coconut and palm oils, nonfat milk solids, soy lecithin and monoglycerides [emulsifiers], artificial color and flavor), CINNAMON CHIPS (sugar, palm oil, cinnamon, soy lecithin, natural flavors), WATER, Contains less than 2% of: MODIFIED FOOD STARCH, CITRUS FIBER, EMULSIFIERS (propylene glycol, mono- and di-esters of fats and fatty acids, soy lecithin, sodium stearyl-2-lactylate, mono- and di-glycerides), NATURAL FLAVORS, WHEAT GLUTEN, SALT, LEAVENER (baking soda, sodium aluminum phosphate, sodium acid pyrophosphate), POTASSIUM SORBATE (a preservative), XANTHAN GUM.

More Than Moist White Chocolate Raspberry Muffin Batter (#1590)

Nutrition Facts	Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*	*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
	Serving Size 2 oz. (55g) Servings Per Container Varies Calories 190 Calories from Fat 90	Total Fat 10g	16%	Sodium 160mg	
	Saturated Fat 2g	11%	Total Carbohydrate 23g	8%	Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4
	Trans Fat 0g		Dietary Fiber 1g	5%	
	Cholesterol 20mg	7%	Sugars 14g		
			Protein 2g		
	Vitamin A 0%	• Vitamin C 2%	Calcium 2%	• Iron 4%	

INGREDIENTS: SUGAR, ENRICHED BLEACHED FLOUR (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), SOYBEAN OIL, NONFAT MILK, EGGS, EGG WHITES, RASPBERRIES, WHITE CHOCOLATE CHIPS (sugar, partially hydrogenated palm kernel, coconut and palm oils, nonfat milk solids, soy lecithin and monoglycerides [emulsifiers], artificial color and flavor), WATER, Contains less than 2% of: MODIFIED FOOD STARCH, CITRUS FIBER, EMULSIFIERS (sodium stearoyl-2-lactylate, mono- and di-glycerides, propylene glycol, mono- and di-esters of fats and fatty acids, soy lecithin), NATURAL FLAVORS, WHEAT GLUTEN, SALT, POTASSIUM SORBATE (a preservative), LEAVENER (baking soda, sodium aluminum phosphate, sodium acid pyrophosphate), FD&C RED #3, VANILLIN (an artificial flavor), XANTHAN GUM.

ALL NATURAL WHOLE GRAIN MUFFIN BATTER

Whole Grain Blueberry Muffin Batter (#19360)

Nutrition Facts	Amount/Serving		Amount/Serving		*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
		% Daily Value*		% Daily Value*	
Serving Size 2 oz. (55g) Servings Per Container Varies Calories 120 Calories from Fat 25	Total Fat 3g	4%	Sodium 190mg	8%	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
	Saturated Fat 0.5g	3%	Total Carbohydrate 12g	4%	
	Trans Fat 0g		Dietary Fiber 3g	11%	
	Cholesterol 0mg	0%	Sugars 10g		
	Protein 3g				
	Vitamin A 0% • Vitamin C 0%		Calcium 2% • Iron 6%		Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: WHOLE WHEAT FLOUR, BUTTERMILK, BROWN SUGAR, WATER, BLUEBERRIES, EGG WHITES, SOYBEAN OIL, WHEAT BRAN, Contains less than 2% of: HONEY, NATURAL FLAVORS, CITRUS FIBER, CORNSTARCH, SOY FLOUR, WHEAT GLUTEN, SALT, LEAVENER (baking soda, sodium acid pyrophosphate, monocalcium phosphate), XANTHAN GUM, CITRIC ACID, SOY LECITHIN (an emulsifier), CARAMEL COLOR.

Whole Grain Honey Raisin Bran Muffin Batter (#19380)

Nutrition Facts	Amount/Serving		Amount/Serving		*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
		% Daily Value*		% Daily Value*	
Serving Size 2 oz. (55g) Servings Per Container Varies Calories 130 Calories from Fat 25	Total Fat 3g	5%	Sodium 200mg	8%	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
	Saturated Fat 0.5g	3%	Total Carbohydrate 17g	6%	
	Trans Fat 0g		Dietary Fiber 3g	10%	
	Cholesterol 0mg	0%	Sugars 15g		
	Protein 3g				
	Vitamin A 0% • Vitamin C 0%		Calcium 2% • Iron 6%		Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: WHOLE WHEAT FLOUR, BUTTERMILK, BROWN SUGAR, RAISINS, WATER, EGG WHITES, HONEY, SOYBEAN OIL, WHEAT BRAN, Contains less than 2% of: CORNSTARCH, SOY FLOUR, WHEAT GLUTEN, SALT, LEAVENER (baking soda, sodium acid pyrophosphate, monocalcium phosphate), XANTHAN GUM, SOY LECITHIN (an emulsifier), CARAMEL COLOR.

Whole Grain Cranberry Apple Bran Muffin Batter (#19370)

Nutrition Facts	Amount/Serving		Amount/Serving		*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
		% Daily Value*		% Daily Value*	
Serving Size 2 oz. (55g) Servings Per Container Varies Calories 110 Calories from Fat 25	Total Fat 3g	4%	Sodium 140mg	6%	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
	Saturated Fat 0.5g	3%	Total Carbohydrate 13g	4%	
	Trans Fat 0g		Dietary Fiber 2g	10%	
	Cholesterol 0mg	0%	Sugars 10g		
	Protein 2g				
	Vitamin A 0% • Vitamin C 2%		Calcium 2% • Iron 6%		Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: WHOLE WHEAT FLOUR, BUTTERMILK, BROWN SUGAR, APPLES, WATER, EGG WHITES, CRANBERRIES, SOYBEAN OIL, WHEAT BRAN, HONEY, Contains less than 2% of: NATURAL FLAVORS, CORNSTARCH, SOY FLOUR, WHEAT GLUTEN, LEAVENER (baking soda, sodium acid pyrophosphate, monocalcium phosphate), SALT, XANTHAN GUM, CITRIC ACID, SPICES, SOY LECITHIN (an emulsifier), CARAMEL COLOR.

NO SUGAR ADDED MUFFIN BATTER

No Sugar Added Blueberry Muffin Batter (#1610)

Nutrition Facts	Amount / Serving	% Daily Value*	Amount / Serving	% Daily Value*	*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
Serving Size 2 oz. (55g) Servings Per Container Varies Calories 150 Calories from Fat 45	Total Fat 5g	8%	Total Carbohydrate 28g	9%	
	Saturated Fat 1g	5%	Dietary Fiber 1g	4%	Total Fat Less than 65g 80g
	Trans Fat 0g		Sugars 1g		Saturated Fat Less than 20g 25g
	Cholesterol 25mg	8%	Sugar Alcohol 11g		Cholesterol Less than 300mg 300mg
	Sodium 65mg	3%	Protein 3g		Sodium Less than 2,400mg 2,400mg
	Vitamin A 0% • Vitamin C 0%		Calcium 2% • Iron 4%		Total Carbohydrate 300g 375g
					Dietary Fiber 25g 30g
					Calories per gram:
					Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: UNBLEACHED, UNBROMATED, ENRICHED FLOUR (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), MALTITOL SYRUP, BLUEBERRIES, WATER, EGGS, SOYBEAN OIL, Contains less than 2% of: OAT FIBER, MODIFIED FOOD STARCH, WHEY (milk derivative), EMULSIFIERS (sodium stearoyl-2-lactylate, mono- and di-glycerides, sorbitan monostearate, polysorbate 60, propylene glycol), SOY FLOUR, LEAVENER (sodium aluminum phosphate, baking soda), POTASSIUM SORBATE (a preservative), NATURAL AND ARTIFICIAL FLAVORS, SALT, SUCRALOSE (artificial sweetener).