

# Fat Free Mulkins

% Daily Value\*

8%

4%

Value\*

8%

8%

### Isabella's® All Natural Raisin Bran Fat Free Muffins (#12403016)

<b>Nutrition</b>
Facts

Serving Size 2 oz. (55g) Servings Per Container 9 Calories 110

Calories from Fat 5

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Amount / Serving	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Vitamin A 0% • Vi	itamin C 0%

Amount / Serving % Daily Value\* Total Carbohydrate 26g 9% Dietary Fiber 3g Sugars 9g Protein 3g Calcium 4% Iron 8%

\*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: Total Fat Less than 65a Saturated Fat Less than 20g 300mg Cholesterol Less than 300 mg 2,400mg Sodium Less than 2,400mg 375g Total Carbobydrate 300g Dietary Fiber 25g 30g

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), NONFAT MILK, MOLAS-SES, RAISINS, HONEY, WHEAT BRAN, EGG WHITES, EVAPORATED CANE JUICE, FRUIT FLAKE POWDER (pear, apple, plum), Contains less than 2% of: CITRUS FIBER, CORNSTARCH, LEAVENER (baking soda, sodium acid pyrophosphate, monocalcium phosphate), SPICES, SALT, SOY LECITHIN (an emulsifier).

# Isabella's® Blueberry Fat Free Muffins (#12403001)

## Nutrition **Facts**

Serving Size 1/2 Muffin (55g) Servings Per Container 8 Calories 110

Calories from Fat 5

Amount / Serving	% Daily Value*	Amount / Serving %
Total Fat 0g	0%	Total Carbohydrate 24
Saturated Fat 0g	0%	Dietary Fiber 1g
Trans Fat 0g		Sugars 13g
Cholesterol 0mg	0%	Protein 3g
Sodium 60mg	3%	
Vitamin A 0% • Vi	tamin C 0%	Calcium 0% • Iron

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: 2,000 2,500 Calories: Less than 20g Saturated Fat Less than 300mg 300 mg Cholesterol Less than 2,400mg 2,400mg 375g Total Carbohydrate 300g Dietary Fiber 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, BLUEBERRIES, NONFAT MILK, EGG WHITES, ENRICHED BLEACHED FLOUR (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), Contains less than 2% of: SOY FLOUR, CITRUS FIBER, INVERT SUGAR, EMULSIFIER (polyglycerol esters), LEAVENER (baking soda, sodium aluminum phosphate), POTASSIUM SORBATE (a preservative), MODIFIED FOOD STARCH, NATURAL AND ARTIFICIAL

## Isabella's® Cape Cod Cranberry Fat Free Muffins (#12403002)

### **Nutrition Facts**

Serving Size 1/2 Muffin (55g) Servings Per Container 8 Calories 120

Calories from Fat 5

Amount / Serving	% Daily Value*	Amount / Serving % Daily
Total Fat 0g	0%	Total Carbohydrate 25g
Saturated Fat 0g	0%	Dietary Fiber 2g
Trans Fat 0g		Sugars 13g
Cholesterol 0mg	0%	Protein 3g
Sodium 110mg	5%	
Vitamin A 0% • Vi	tamin C 2%	Calcium 0% • Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: 2.500 Calories: 2.000

Total Fat Less than 65g Saturated Fat Less than 200 25a Cholesterol 300 ma Less than 2,400mg Sodium Less than 2,400mg 375g 300g Total Carbohydrate Dietary Fiber

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, CRANBERRIES, NONFAT MILK, EGG WHITES, ENRICHED BLEACHED FLOUR (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), Contains less than 2% of: SOY FLOUR, CITRUS FIBER, INVERT SUGAR, EMULSIFIER (polyglycerol esters), MODIFIED FOOD STARCH, LEAVENER (sodium aluminum phosphate, baking soda), POTASSIUM SORBATE (a preservative), SALT, VANILLIN (an artificial flavor), GUAR GUM.

## Isabella's® Cinnamon Apple Fat Free Muffins (#12403003)

### Nutrition **Facts**

Serving Size 1/2 Muffin (55g) Servings Per Container 8 Calories 120

Calories from Fat 5

Amount / Serving	% Daily Value*	Amount / Servin
Total Fat 0g	0%	Total Carbo
Saturated Fat 0g	0%	Dietary Fil
Trans Fat 0g		Sugars 14
Cholesterol 0mg	0%	Protein 3g
Sodium 65mg	3%	
Vitamin A 0% • Vi	tamin C 0%	Calcium 2%

Amount / Serving	% Daily	Value*
Total Carbohydra	<b>te</b> 25g	8%
Dietary Fiber 1g		4%
Sugars 14g		
Protein 3g		
Calcium 2% •	Iron 4%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher

or lower depend	airig on your	caloneme	eus.
	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 Carbohyd	rate	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), SUGAR, WATER, APPLES, NONFAT MILK, EGG WHITES, ENRICHED BLEACHED FLOUR (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), Contains less than 2% of: SOY FLOUR, INVERT SUGAR, CITRUS FIBER, EMULSIFIER (polyglycerol esters), LEAVENER (sodium aluminum phosphate, baking soda), MODIFIED FOOD STARCH, POTASSIUM SORBATE (a preservative), NATURAL AND ARTIFICIAL FLAVORS, SPICES, SALT, GUAR GUM



# Fat Free Muffins

#### Isabella's® Country Corn Fat Free Muffins (#12403004)

# **Nutrition Facts**

Serving Size 1/2 Muffin (55g) Servings Per Container 8 Calories 130

Calories from Fat 5

Amount / Serving	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 90mg	4%
Vitamin A 0% • Vi	tamin C 0%

Amount / Serving	% Daily Value	*
Total Carbohydrate	25g <b>8</b> %	6
Dietary Fiber 1g	4%	ó
Sugars 13g		_
Protein 3g		_
Calcium 0% • Ire	on 4%	-

\*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 Less than 65g 80g Saturated Fat Less than 20g Cholesterol Less than 300mg 25g 300 mg 2,400mg 2,400mg Total Carbohydrate 375g 300g Dietary Fiber

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: WATER, SUGAR, UNBLEACHED, UNBROMATED, ENRICHED FLOUR (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), CORNMEAL, NONFAT MILK, EGG WHITES, ENRICHED BLEACHED FLOUR (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), Contains less than 2% of: SOY FLOUR, INVERT SUGAR, CITRUS FIBER, MODIFIED FOOD STARCH, EMULSIFIER (polyglycerol esters), LEAVENER (sodium aluminum phosphate, baking soda), POTASSIUM SORBATE (a preservative), SALT, NATURAL FLAVORS, GUAR

#### Isabella's Chocolate Chocolate Fat Free Muffins (#12403010)

#### **Nutrition Facts**

Serving Size 1/2 Muffin (55g) Servings Per Container 8 Calories 110

Calories from Fat 5

Amount / Serving	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 55mg	2%
Vitamin A 0% • Vi	tamin C 0%

Amount / Serving	% Daily Value*
Total Carbohydrate	24g <b>8</b> %
Dietary Fiber 2g	8%
Sugars 13g	
Protein 3g	
Calcium 2% • Ir	on 6%

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 Less than 300mg Cholesterol 300 mg 2,400mg 2,400mg Sodium Less than

300g

\*Percent Daily Values are based on a 2,000

Total Carbohydrate Dietary Fiber

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: WATER, SUGAR, UNBLEACHED, UNBROMATED, ENRICHED FLOUR (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), NONFAT MILK, EGG WHITES, DEFATTED COCOA (processed with alkali), ENRICHED BLEACHED FLOUR (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), Contains less than 2% of: SOY FLOUR, CITRUS FIBER, INVERT SUGAR, EMULSIFIER (polyglycerol esters), LEAVENER (sodium aluminum phosphate, baking soda), POTASSIUM SORBATE (a preservative), MODIFIED FOOD STARCH, SALT, NATURAL FLAVORS, GUAR GUM.