



Muffin Nutrition and Ingredient Information

Nutrition Facts	Serving size (g)	Calories	Calories from fat	Total fat (g)	Saturated Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)
Almond Poppy Muffin	71	300	160	81	2	0	60	260	32	1	19	4
Blueberry Cream Cheese Muffin	71	240	100	11	2.5	0	25	300	32	1	17	4
Blueberry Muffin	71	260	90	10	2	0	20	300	35	1	16	4
Chocolate Cream Cheese Muffin	71	280	140	15	4	0	55	240	33	1	21	4
Honey Bran Muffin	71	210	50	5	1	0	25	340	35	4	16	5
Ice Carrot Cake Muffin	128	450	180	20	4.5	0	50	400	60	1	41	5
Lemon Marionberry Muffin	71	250	100	11	7	0	60	240	34	1	21	3
Morning Glory Muffin	85	260	100	11	1.5	0	30	250	36	2	21	4
Pumpkin Cream Cheese Muffin	71	260	130	14	3.5	0	50	230	30	1	19	4

Ingredients

Almond Poppy Muffin

Creme Cake Base (Sugar, Bleached Enriched Wheat Flour [Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Soybean Oil, Modified Food Starch, Dried Whey [From Milk], Palm Oil, Leavening [Sodium Aluminum Phosphate, Sodium Bicarbonate], Emulsifier Blend [Propylene Glycol Monoester, Soybean Oil, Mono Diglycerides, Lecithin, BHA, Citric Acid], Wheat Gluten, Salt, Artificial Flavor, Sodium Stearoyl Lactylate), Whole Eggs, Canola Oil, Water, Poppy Seeds, Almonds, Natural Almond Emulsion (Water, Natural Flavors, Xanthan Gum, Preservatives [Citric Acid, Sodium Benzoate]), Vanilla Extract (Water, Ethyl Alcohol, Vanilla Beans Extractives).

Allergens

May
Contains
Egg, Milk,
Wheat. May
Contain
Peanut,
Soy, Tree
Nuts.

Blueberry Cream Cheese Muffin

Enriched Unbleached Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Buttermilk (Cultured Lowfat Milk, Salt), Blueberries, Sugar, Cream Cheese (Pasteurized Milk And Cream, Cheese Culture, Salt, Stabilizers [Carob Bean And/Or Xanthan And/Or Guar Gum]), Canola Oil, Powdered Sugar (Sugar, Cornstarch), Whole Eggs, Pan Oil (Canola Oil, Soy Lecithin), Nonfat Dry Milk, Baking Powder (Sodium Acid Pyrophosphate, Bicarbonate Soda, Corn Starch And Monocalcium Phosphate), Lemon Flavedo (Lemon Peel, Sugar, Lemon Oil), Enriched Unbleached Flour (Wheat Flour, Ascorbic Acid [Dough Conditioner], Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Molasses, Sea Salt, Vanilla Extract (Water, Ethyl Alcohol, Vanilla Beans Extractives), Lemon Juice, Baking Soda, Citric Acid (Preservative).

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Blueberry Muffin

Enriched Unbleached Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Buttermilk (Cultured Lowfat Milk, Salt), Sugar, Blueberries, Canola Oil, Whole Eggs, Enriched Unbleached Flour (Wheat Flour, Ascorbic Acid [Conditioner], Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Butter (From Milk), Pan Oil (Canola Oil, Soy Lecithin), Nonfat Dry Milk, Baking Powder (Sodium Acid Pyrophosphate, Bicarbonate Soda, Corn Starch And Monocalcium Phosphate), Lemon Flavedo (Lemon Peel, Sugar, Lemon Oil), Molasses, Sea Salt, Vanilla Extract (Water, Ethyl Alcohol, Vanilla Beans Extractives), Baking Soda.

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Chocolate Cream Cheese Muffin

Chocolate Crème Cake (Sugar, Bleached Enriched Wheat Flour [Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Soybean Oil, Cocoa [Processed With Alkali], Modified Food Starch, Dried Whey [From Milk], Leavening [Sodium Bicarbonate, Sodium Aluminum Phosphate, Sodium Acid Pyrophosphate, Monocalcium Phosphate], Emulsifier Blend [Propylene Glycol Monoester, Mono Diglycerides, Lecithin, BHT, Citric Acid], Salt, Wheat Gluten, Wheat Starch, Artificial Flavor, Cellulose Gum, Sodium Stearoyl Lactylate), Whole Eggs, Water, Cream Cheese (Pasteurized Milk And Cream, Cheese Culture, Salt, Stabilizers [Carob Bean And/Or Xanthan And/Or Guar Gum]), Canola Oil, Powdered Sugar (Sugar, Cornstarch), Chocolate Chips (Sugar, Chocolate Liquor, Cocoa Butter, Soy Lecithin), Enriched Unbleached Flour (Wheat Flour, Ascorbic Acid [Dough Conditioner], Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Cocoa Powder (Cocoa Procesed With Potassium Carbonate), Pan Oil (Canola Oil, Soy Lecithin), Vanilla Extract (Water, Ethyl Alcohol, Vanilla Beans Extractives), Lemon Juice, Citric Acid (Preservative).

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Honey Bran Muffin

Buttermilk (Cultured Lowfat Milk, Salt), Enriched Unbleached Flour (Wheat Flour, Ascorbic Acid [Conditioner], Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Organic Honey, Wheat Bran, Whole Eggs, Canola Oil, Raisins, Orange Flavedo (Orange Peel, Sugar, Orange Oil), Pan Oil (Canola Oil, Soy Lecithin), Baking Soda, Salt.

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Iced Carrot Cake Muffin

Pineapple (Pineapple, Pineapple Juice), Sugar, Enriched Unbleached Wheat Flour (Wheat Flour, Ascorbic Acid [Conditioner], Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Powdered Sugar (Sugar, Cornstarch), Carrots, Canola Oil, Whole Eggs, Cream Cheese (Pasteurized Milk And Cream, Cheese Culture, Salt, Stabilizers [Carob Bean And/Or Xanthan And/Or Guar Gum]), Butter (From Milk), Pecans, Pan Oil (Canola Oil, Soy Lecithin), Baking Soda, Vanilla Extract (Water, Ethyl Alcohol, Vanilla Beans Extractives), Salt, Cinnamon, Nutmeg, Ginger.

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Lemon Marionberry Muffin

Enriched Unbleached Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Marionberries, Butter (Sweet Cream), Cream Cheese (Pasteurized Milk And Cream, Cheese Cultures, Salt, Stabalizers [Carob Bean And/Or Xanthum And/Or Guar Gum]), Whole Eggs, Sour Cream (Cultured Grade A Milk And Cream, Whey, Modified Corn Starch, Sodium Phosphate, Guar Gum, Carrageenan, Calcium Sulfate And Locust Bean Gum, Active Cultures (Lactococcus Cremoris, Leuconostoc Cremoris, Lactococcus Lactis), Powdered Sugar (Sugar, Cornstarch), Water, Lemon Juice, Coating Oil (Canola Oil, Soy Lecithin, Wheat Starch, Silicon Dioxide, Natural Flavor), Lemon Flavedo (Lemon Peel, Sugar, Lemon Oil), Baking Powder (Wheat Starch, Sodium Bicarbonate, Sodium Acid Pyrophosphate, Monocalcium Phosphate), Salt, Dough Conditioner (Wheat Flour, Mono & Diglycerides, Guar Gum, Corn Syrup Solids, Soybean Oil, Enzyme), Oil Of Lemon (Alpha Tocopherol), Baking Soda, Vanilla Extract (Vanilla Beans, Water, Ethyl Alcohol).

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Morning Glory Muffin

Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Pineapple (Pineapple, Pineapple Juice), Sugar, Carrots, Canola Oil, Whole Eggs, Applesauce (Apples, Water), Water, Walnuts, Raisins, Apricots (Dried Apricots, Rice Flour [Anticaking Agent], Sulphur [Preservative]), Coconut, Sodium Bicarbonate, Salt, Cinnamon, Cardamom, Vanilla Extract (Water, Ethyl Alcohol, Vanilla Beans Extractives).

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Pumpkin Cream Cheese Muffin

Creme Cake Base (Sugar, Bleached Enriched Wheat Flour [Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Soybean Oil, Modified Food Starch, Dried Whey [From Milk], Palm Oil, Leavening [Sodium Aluminum Phosphate, Sodium Bicarbonate], Emulsifier Blend [Propylene Glycol Monoester, Soybean Oil, Mono Diglycerides, Lecithin, BHA, Citric Acid], Wheat Gluten, Salt, Artificial Flavor, Sodium Stearoyl Lactylate), Whole Eggs, Cream Cheese (Pasteurized Milk And Cream, Cheese Culture, Salt, Stabilizers [Carob Bean And/Or Xanthan And/Or Guar Gum]), Pumpkin, Water, Canola Oil, Powdered Sugar (Sugar, Cornstarch), Pepitas (Pepitas, Safflower Oil, Salt), Pan Oil (Canola Oil, Soy Lecithin), Molasses, Cinnamon, Enriched Unbleached Flour (Wheat Flour, Ascorbic Acid [Conditioner], Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Lemon Juice, Ginger, Ground Cloves, Nutmeg, Vanilla Extract (Water, Ethyl Alcohol, Vanilla Beans Extractives), Citric Acid (Preservative).

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