

05/24/2021

Nutrition Facts

servings per container

Serving size (42g)

Amount per serving

Calories 170

% Daily Value*

Total Fat 3g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	9%
Total Carbohydrate 32g	12%
Dietary Fiber 0g	2%
Total Sugars 15g	
Includes 14g Added Sugars	29%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 7mg	0%
Iron 1mg	4%
Potassium 32mg	0%
Thiamin 0.1mg	8%
Riboflavin 0.1mg	6%
Niacin 1mg	6%
Folate 26mcg DFE	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Lemon Flavorettes [Sugar, Corn Syrup, Degermed Corn Grits, Corn Starch, Palm Oil, Natural Flavor, Turmeric (for color), Dried Lemons], Food Starch - Modified, Palm Oil, Canola Oil, Non-Fat Dry Milk, Natural Flavor, Corn Starch, Sodium Aluminum Phosphate, Salt, Sodium Bicarbonate, Sodium Stearoyl Lactylate (Emulsifier), Cellulose Gum, Pectin, Distilled Monoglycerides, Lecithin.

Contains Milk, Soy, Wheat.

Made on equipment that also makes products containing egg ingredients.

Serving Size: 1/4 Cup (42 g), One Muffin

Net Weight: 1.13 Lbs. (510 g)

Number of Servings per Container: 12

Baking Directions: Mix contents of the package with 1 1/4 cups of water, 1/4 cup of vegetable oil, and 2 eggs. Stir gently till the mix is blended and fully moistened. Spoon into greased muffin tins or paper muffin cups. Bake at 375 degrees F for 20-24 minutes. Makes 10-12 muffins.