5oz Banana Nut Muffin

Nutrition Facts

1 serving per container
Serving size
5oz (142g)

Calories **per serving** **550**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 29g	**37%**	**Total Carbohydrate** 69g	**25%**
Saturated Fat 4.5g	**23%**	Dietary Fiber 1g	**2%**
Trans Fat 0g		Total Sugars 37g	
Cholesterol 85mg	**29%**	Includes 29g Added Sugars	**58%**
Sodium 510mg	**22%**	**Protein** 9g	

Vitamin D 0.6mcg 4% • Calcium 100mg 8% • Iron 2.7mg 15% • Potassium 110mg 2%

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