

Bran Muffin

Nutrition Facts

Serving size (145g)

Amount Per Serving

Calories **450**

% Daily Value*

Total Fat 15g **19%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 40mg **13%**

Sodium 510mg **22%**

Total Carbohydrate 76g **28%**

Dietary Fiber 11g **39%**

Total Sugars 33g

Includes 29g Added Sugars **58%**

Protein 10g **20%**

Vitamin D 0.8mcg 4%

Calcium 90mg 6%

Iron 4.2mg 25%

Potassium 420mg 8%

Thiamin 0.4mg 35%

Phosphorus 340mg 25%

Magnesium 150mg 35%

Zinc 2.4mg 20%

* The % Daily Value (DV) 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: BUTTERMILK, SUGAR, UNBLEACHED FLOUR, ORANGE JUICE, WHEAT BRAN, CANOLA OIL, OATS, EGG, BAKING SODA, VANILLA EXTRACT, CINNAMON, SEA SALT

CONTAINS: MILK, EGG, WHEAT

CROOKED TREE BREADWORKS

2264 M119 STE#5

PETOSKEY, MI, 49770