

Blueberry Oat Bran Muffin

Nutrition Facts

1 serving per container

Serving size (227g)

Amount Per Serving

Calories **210**

% Daily Value*

Total Fat 3.5g **4%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 400mg **17%**

Total Carbohydrate 54g **20%**

Dietary Fiber 8g **29%**

Total Sugars 24g

Includes 19g Added Sugars **38%**

Protein 7g

Vitamin D 0.3mcg 2%

Calcium 170mg 15%

Iron 2.5mg 15%

Potassium 500mg 10%

* 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: OAT BRAN, BEVERAGES, ALMOND MILK, UNSWEETENED, SHELF STABLE, BANANAS, BLUEBERRIES, COCONUT SUGAR, BAKING POWDER, VANILLA EXTRACT, KOSHER SALT, CINNAMON

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