

BAKE CITY® BANANA NUT MUFFIN NATURALLY & ARTIFICIALLY FLAVORED

Nutrition Facts

Serving Size: 1 Muffin (113g)
 Servings Per Container 1
Calories 430
 Calories from Fat 200

| Amount/Serving | % Daily Value* |
|-----------------------------|----------------|
| Total Fat 22g | 34% |
| Saturated Fat 4.5g | 23% |
| <i>Trans</i> Fat 0g | |
| Cholesterol 5mg | 2% |
| Sodium 450mg | 19% |
| Vitamin A 0% • Vitamin C 0% | |

| Amount/Serving | % Daily Value* |
|-------------------------------|----------------|
| Total Carbohydrate 42g | 14% |
| Dietary Fiber 1g | 4% |
| Sugars 26g | |
| Protein 16g | 26% |
| Calcium 20% • Iron 4% | |

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

| | Calories: | 2,000 | 2,500 |
|--------------------|-----------|---------|---------|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4



INGREDIENTS: WATER, SUGAR, SOYBEAN OIL, ENRICHED WHEAT FLOUR BLEACHED (FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MILK PROTEIN ISOLATE, EGG WHITES, WHEAT GLUTEN, WALNUTS, CONTAINS 2% OR LESS OF: BANANA, CORN STARCH, DEXTROSE, EGGS, ENZYMES, FOOD STARCH-MODIFIED, GLYCERINE, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE), LEMON JUICE POWDER, MONO & DIGLYCERIDES, NATURAL AND ARTIFICIAL FLAVORS, PRESERVATIVES (POTASSIUM SORBATE, SODIUM PROPIONATE), PROPYLENE GLYCOL MONO & DIESTERS OF FATTY ACIDS, SALT, SODIUM STEAROYL LACTYLATE, SOY FLOUR, WHEY.

Contains Egg, Milk, Soy, Tree Nuts, Wheat.
 Made in a Facility that Processes Soy, Milk, Eggs, Walnuts, Pecans, Coconuts, & Peanuts

BAKE CITY® BLUEBERRY MUFFIN NATURALLY & ARTIFICIALLY FLAVORED

Nutrition Facts

Serving Size: 1 Muffin (113g)
 Servings Per Container 1
Calories 420
 Calories from Fat 180

| Amount/Serving | % Daily Value* |
|-----------------------------|----------------|
| Total Fat 20g | 31% |
| Saturated Fat 4.5g | 23% |
| <i>Trans</i> Fat 0g | |
| Cholesterol 5mg | 2% |
| Sodium 470mg | 20% |
| Vitamin A 0% • Vitamin C 0% | |

| Amount/Serving | % Daily Value* |
|-------------------------------|----------------|
| Total Carbohydrate 46g | 15% |
| Dietary Fiber 1g | 4% |
| Sugars 27g | |
| Protein 16g | 26% |
| Calcium 20% • Iron 4% | |

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

| | Calories: | 2,000 | 2,500 |
|--------------------|-----------|---------|---------|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4



INGREDIENTS: WATER, SUGAR, SOYBEAN OIL, ENRICHED WHEAT FLOUR BLEACHED (FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MILK PROTEIN ISOLATE, WHEAT GLUTEN, EGG WHITES, DRIED BLUEBERRIES, CONTAINS 2% OR LESS OF: CORN STARCH, DEXTROSE, EGGS, ENZYMES, FOOD STARCH-MODIFIED, GLYCERINE, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE), LEMON JUICE POWDER, MOLASSES, MONO & DIGLYCERIDES, NATURAL AND ARTIFICIAL FLAVORS, PRESERVATIVES (POTASSIUM SORBATE, SODIUM PROPIONATE), PROPYLENE GLYCOL MONO & DIESTERS OF FATTY ACIDS, SALT, SODIUM STEAROYL LACTYLATE, SOY FLOUR, WHEY.

Contains Egg, Milk, Soy, Wheat.
 Made in a Facility that Processes Soy, Milk, Eggs, Walnuts, Pecans, Coconuts, & Peanuts

BAKE CITY® DOUBLE CHOCOLATE MUFFIN NATURALLY & ARTIFICIALLY FLAVORED

Nutrition Facts

Serving Size: 1 Muffin (113g)
 Servings Per Container 1
Calories 440
 Calories from Fat 200

| Amount/Serving | % Daily Value* |
|-----------------------------|----------------|
| Total Fat 22g | 34% |
| Saturated Fat 6g | 30% |
| <i>Trans</i> Fat 0g | |
| Cholesterol 5mg | 2% |
| Sodium 520mg | 22% |
| Vitamin A 0% • Vitamin C 0% | |

| Amount/Serving | % Daily Value* |
|-------------------------------|----------------|
| Total Carbohydrate 45g | 15% |
| Dietary Fiber 1g | 4% |
| Sugars 28g | |
| Protein 16g | 23% |
| Calcium 20% • Iron 15% | |

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

| | Calories: | 2,000 | 2,500 |
|--------------------|-----------|---------|---------|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4



INGREDIENTS: WATER, SUGAR, SOYBEAN OIL, ENRICHED WHEAT FLOUR BLEACHED (FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CHOCOLATE CHIPS (UNSWEETENED CHOCOLATE, ORGANIC CANE SUGAR, COCOA BUTTER, NATURAL VANILLA EXTRACT), MILK PROTEIN ISOLATE, WHEAT GLUTEN, EGG WHITES, CONTAINS 2% OR LESS OF: CARAMEL COLOR, COCOA PROCESSED WITH ALKALI, EGGS, ENZYMES, FOOD STARCH-MODIFIED, GLYCERINE, LEAVENING (BAKING SODA, MONOCALCIUM PHOSPHATE, SODIUM ALUMINUM PHOSPHATE), LEMON JUICE POWDER, MOLASSES, MONO AND DIGLYCERIDES, NATURAL AND ARTIFICIAL FLAVOR, PRESERVATIVES (POTASSIUM SORBATE, SODIUM PROPIONATE), PROPYLENE GLYCOL MONO AND DIESTERS OF FATTY ACIDS, RED 40, SALT, SODIUM STEAROYL LACTYLATE, SOY LECITHIN, SULFITES, WHEY.

Contains Egg, Milk, Soy, Wheat.
 Made in a Facility that Processes Soy, Milk, Eggs, Walnuts, Pecans, Coconuts, & Peanuts

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