

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%
Trans 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%
Trans 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%
Trans 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

DISTRIBUTED BY: BAKE CITY, LLC. • ATLANTA, GEORGIA • 1 (855) 336-4777

www.muffinplusprotein.com
 MADE IN THE USA

