

Baker Boy Baked Lemon Poppyseed Muffin (PLU # 36403)

Product Name: Baked Lemon Poppyseed Muffin

Nutrition for this product is based upon the following:

4.6 oz. of Baker Boy #75893 Orion Baked Lemon Poppyseed Muffins

Label Information

Serving Size: ½ Muffin (2 oz/57g)

Servings per Muffin = 2

	Amount/Serving	% DV*
Calories	260 kCal	
Calories from Fat	130 kCal	
Total Fat	16 g	25%
Saturated Fat	3 g	15%
Cholesterol	50 g	17%
Sodium	200 mg	8%
Total Carbohydrates	27 g	9%
Dietary Fiber	1 g	4%
Sugars	13 g	
Protein	4 g	
% Vitamin A		0%
% Vitamin C		0%
% Calcium		8%
% Iron		8%

*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 per gram: Fat 9 * Carbohydrate 4 * Protein 4.

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400 mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredient Legend:

INGREDIENTS: Sugar, Enriched Wheat Flour Bleached (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Vegetable Shortening (Partially Hydrogenated Soybean and Cottonseed Oil, Propylene Glycol Monoesters, Mono and Diglycerides, Lecithin, and Polysorbate 60), Soybean Oil, Whole Eggs, Water, Poppy Seeds, Contains 2% or less of: Maltodextrin, Skim Milk Powder, Dextrose, Modified Corn Starch, Powdered Egg White, Salt, Leavening (Bicarbonate of Soda and Sodium Acid Pyrophosphate), Xanthan Gum, Sodium Stearoyl Lactylate, Propylene Glycol, Corn Syrup Solids, Citric Acid, Sodium Citrate, Sodium Benzoate, Beta Carotene, Turmeric, Corn Starch, Sodium Diacitrate, Carboxymethyl Cellulose, Titanium Dioxide, Natural and Artificial Flavor, Color (Yellow #5 and Yellow #6, contains Tartrazine).

The nutritional information shown above is for a finished product made using the products shown above, following the label directions printed on the dough product case. Variations in shop conditions, as well as use of any other fillings, toppings or preparation procedures, may affect the nutritional profile of the finished product. Therefore, Baker Boy Bake Shop, Inc. cannot guarantee, nor shall it be liable for, the accuracy of this information. You may wish to confirm the nutritional analysis with an accredited laboratory. Prepared 09/15/98