

Muffin Blueberry Large

Lancer Management

Author

Categories

Tools

Locations

Plate/Store

Yield 1 ea

Portion 4.25 oz

Num Portions 1

Prep

Cook

Finish

Shelf

Nutrition Facts

Serving Size 4.3 oz (120g)

Servings Per Container 1

Amount Per Serving

Calories 430 Calories From Fat 144

% Daily Value

Total Fat 16g 24%

Saturated Fat 45g 202%

Cholesterol 35mg 12%

Sodium 380mg 16%

Total Carbohydrates 64g 21%

Dietary Fiber 2g 9%

Protein 7g

Vitamin A 1% Vitamin C 0%

Calcium 2% Iron 3%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Descriptors

High in Carbohydrates
Good Source of Protein