Date: 12/18/2008

Muffin Corn Large

Lancer Management

Author
Categories
Tools
Locations
Plate/Store

			Prep
Yield	1	Muffin	**Cook**
Portion	1	Muffin	**Finish**
Num Portions	1		**Shelf**

Nutrition Facts

Serving Size 1 Muffin
Servings Per Container 1

Amount Per Serving

		% Daily Value
Calories	386 Calories From Fat 116	
Total Fat	13g	19%
Saturated Fat	4g	19%
Cholesterol	43mg	14%
Sodium	793mg	33%
Total Carbohydrates	64g	21%
Dietary Fiber	2g	9%
Protein	4g	

Vitamin A	0%	Vitamin C	0%
Calcium	9%	Iron	9%

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

Nutrition Descriptors

High in Carbohydrates