Date: 12/18/2008

Muffin Double Chocolate Large

Lancer Management

Author
Categories
Tools
Locations
Plate/Store

			Prep
Yield	1	Muffin	**Cook**
Portion	4.25	oz	**Finish**
Num Portions	1		**Shelf**

Nutrition Facts

Serving Size 4.3 oz (120g)
Servings Per Container 1

Amount Per Serving

		% Daily Value
Calories	440 Calories From Fat 162	
Total Fat	18g	27%
Saturated Fat	4g	18%
Cholesterol	65mg	22%
Sodium	520mg	22%
Total Carbohydrates	63g	21%
Dietary Fiber	3g	13%
Protein	6g	

Vitamin A	2%	Vitamin C	0%
Calcium	6%	Iron	20%

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

Nutrition Descriptors

High in Iron
High in Carbohydrates
Good Source of Fiber
Good Source of Protein