

Muffin Raspberry Cream 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 370 Calories From Fat 117

% Daily Value

Total Fat 13g 20%

Saturated Fat 4g 20%

Cholesterol 65mg 22%

Sodium 340mg 14%

Total Carbohydrates 56g 19%

Dietary Fiber 2g 9%

Protein 7g

Vitamin A 2% Vitamin C 0%

Calcium 6% Iron 8%

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

Nutrition Descriptors

Good Source of Carbohydrates

Good Source of Protein