

## Muffin Blueberry Large

Lancer Management

Categories

Tools

Locations

Plate

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%

**Trans Fat** 0g

**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

### Ingredients

Blueberry Muffin Jumbo Baked