Muffin Double Chocolate Large

Lancer Management

Categories
Tools
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Plate

			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	
Calories 440	Calories From Fat 162
	% Daily Value
Total Fat 18g	27%
Saturated Fat 4g	18%
Trans Fat 0g	
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

Ingredients

Double Chocolate Muffin