
Muffin Lemon Poppyseed Large

Lancer Management

Categories

Tools

Locations

Plate

Yield 1 Muffin

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 460 **Calories From Fat** 198

% Daily Value

Total Fat 22g 33%

Saturated Fat 4g 16%

Trans Fat 0g

Cholesterol 50mg 17%

Sodium 340mg 14%

Total Carbohydrates 60g 20%

Dietary Fiber 3g 13%

Protein 7g

Vitamin A 0% Vitamin C 0%

Calcium 8% Iron 8%

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

Nutrition Descriptors

High in Carbohydrates
Good Source of Fiber
Good Source of Protein

Ingredients

Lemon Poppyseed Muffin