

BF - Blueberry Muffin

## Nutrition Facts

Serving Size 1/12 pkg (38g mix)

Serving Per Container 12

**Amount Per Serving**

**Calories** 160      Calories from Fat 40

% Daily Value \*

**Total Fat** 4.5g      **7%**

Saturated Fat 2.5g      **11%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 180mg      **8%**

**Total Carbohydrate** 24g      **8%**

Dietary Fiber 0g      **0%**

Sugars 12g

**Protein** 6g

Vitamin A 0%      Vitamin C 0%

Calcium 15%      Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Value may be higher or lower depending on your calorie needs.