

## Vegan Blueberry Muffin muffin

<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving size</b>	1 muffin (170g)
<b>Amount per serving</b>	
<b>Calories</b>	<b>380</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 16g	<b>20 %</b>
Saturated Fat 2g	<b>11 %</b>
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 11g	
<b>Cholesterol</b> less than 5 millig	<b>0 %</b>
<b>Sodium</b> 270mg	<b>12 %</b>
<b>Total Carbohydrate</b> 55g	<b>20 %</b>
Dietary Fiber 5g	<b>16 %</b>
Total Sugars 23g	
Includes 0g Added Sugars	<b>0 %</b>
<b>Protein</b> 6g	
Vitamin D 0.5mcg	4%
Calcium 150mg	10%
Iron 2mg	10%
Potassium 220mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: Cnd Applesauce (Apples; Water; Sugar), Original Soy Milk (Soy milk (Filtered Water; Whole Soybeans); Cane Sugar; Sea Salt; Carrageenan; Natural Flavor. VITAMINS & MINERALS: Calcium Carbonate; Vitamin A Palmitate; Zinc Gluconate; Vitamin D2; Riboflavin (B2); Vitamin B12.), Fz Blueberries, Big Loaf Bread Flour (ENRICHED FLOUR BLEACHED (WHEAT FLOUR; NIACIN; IRON; THIAMIN MONONITRATE; RIBOFLAVIN; FOLIC ACID).), Whole Wheat Flour (WHOLE WHEAT FLOUR.), 75/25 Blend Olive Oil (75% Soybean Oil; 25% Olive Pomace Oil), Granulated Sugar (Sugar), Baking Powder (INGREDIENTS: BAKING SODA (FOR LEAVENING); CORNSTARCH; SODIUMALUMINUM SULFATE (FOR LEAVENING); CALCIUM SULFATE; MONOCALCIUMPHOSPHATE (FOR LEAVENING).), Fresh Lemon Juice, Coarse Kosher Salt (Salt; Yellow Prussiate of Soda.).

Contains: Soy Allergen, Wheat Allergen