

Recipe: 107501 - GR 7501 4 CT BANANA WALNUT MUFFINS
Recipe Owing Business Unit: 100000 - East - Grand Rapids
Production Item: 20750100000 - 4CT BANANA WALNUT MUFFINS
Production Item Owing Business Unit: 0 - Corporate

1990 Nutrition Panel

Nutrition Facts			
Serving Size		1 Muffin (142g)	
Servings Per Container		4	
Amount Per Serving			
Calories	600	Calories from Fat	300
% Daily Value *			
Total Fat	34g		52%
Saturated Fat	5g		25%
Trans Fat	0g		
Cholesterol	60mg		20%
Sodium	400mg		17%
Total Carbohydrate	65g		22%
Dietary Fiber	1g		6%
Sugars	35g		
Protein	9g		
Vitamin A	0%	Vitamin C	0%
Calcium	2%	Iron	401%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less Than	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fibre		25g	30g

Ingredients: Sugar, Bleached Wheat Flour, Water, Eggs, Soybean Oil, Banana, Walnuts, Modified Food Starch, Leavening (Baking Soda, Sodium Aluminum Phosphate, Monocalcium Phosphate), Dairy Whey (Milk), Salt, Mono & Diglycerides, Natural Flavor, Xanthan Gum, Enzyme, Walnuts, White Sugar (Sugar, Carnauba Wax)

Allergens: WHEAT, MILK, SOY, EGGS, TREE NUTS (WALNUTS)

Bioengineered: None

Recipe: 107505 - GR 7505 4 CT BLUEBERRY MUFFINS
Recipe Owing Business Unit: 100000 - East - Grand Rapids
Production Item: 20750500000 - 4CT BLUEBERRY MUFFINS
Production Item Owing Business Unit: 0 - Corporate

1990 Nutrition Panel

Nutrition Facts			
Serving Size		1 Muffin (142g)	
Servings Per Container		4	
Amount Per Serving			
Calories	490	Calories from Fat	180
% Daily Value *			
Total Fat	20g		30%
Saturated Fat	4g		20%
Trans Fat	0g		
Cholesterol	65mg		21%
Sodium	420mg		18%
Total Carbohydrate	74g		25%
Dietary Fiber	0g		0%
Sugars	43g		
Protein	5g		
Vitamin A	0%	Vitamin C	0%
Calcium	8%	Iron	0%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less Than	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fibre		25g	30g

Ingredients: Bleached Wheat Flour, Sugar, Water, Blueberries, Eggs, Soybean Oil, Modified Food Starch, Leavening (Baking Soda, Sodium Aluminum Phosphate, Monocalcium Phosphate), Natural Flavor, Dairy Whey (Milk), Salt, Mono & Diglycerides, Xanthan Gum, Enzyme, Butter Flavor Streusel (Bleached Wheat Flour, Sugar, Margarine [Palm Oil, Water, Soybean Oil, Contains 2% Or Less of: Salt, Mono And Diglycerides, Soy Lecithin, Natural Flavor, Citric Acid [Preservative], Beta Carotene Color, Vitamin A Palmitate Added], Natural And Artificial Flavor [Milk], Sodium Propionate [Preservative]), Turbinado Sugar

Allergens: WHEAT, MILK, SOY, EGGS

Bioengineered: Contains Bioengineered Ingredient

Recipe: 107515 - GR 7515 4 CT CARROT MUFFINS
Recipe Owing Business Unit: 100000 - East - Grand Rapids
Production Item: 20751500000 - 4 CT CARROT MUFFINS
Production Item Owing Business Unit: 0 - Corporate

1990 Nutrition Panel

Nutrition Facts			
Serving Size		1 Muffin (113g)	
Servings Per Container		4	
Amount Per Serving			
Calories	390	Calories from Fat	140
% Daily Value *			
Total Fat	15g		23%
Saturated Fat	2.5g		13%
Trans Fat	0g		
Cholesterol	55mg		18%
Sodium	350mg		15%
Total Carbohydrate	59g		20%
Dietary Fiber	1g		4%
Sugars	33g		
Protein	4g		
Vitamin A	0%	Vitamin C	0%
Calcium	8%	Iron	6%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less Than	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fibre		25g	30g

Ingredients: Sugar, Bleached Wheat Flour, Eggs, Soybean Oil, Molasses, Raisins, Modified Food Starch, Carrots, Leavening (Baking Soda, Sodium Aluminum Phosphate, Monocalcium Phosphate), Spice, Dairy Whey (Milk), Salt, Mono & Diglycerides, Xanthan Gum, Enzyme
 Allergens: WHEAT, MILK, SOY, EGGS

Bioengineered: Contains Bioengineered Ingredient

Recipe: 107525 - GR 7525 4 CT CHOCOLATE CHIP MUFFINS
Recipe Owing Business Unit: 100000 - East - Grand Rapids
Production Item: 20752500000 - 4CT CHOCOLATE CHIP MUFFINS
Production Item Owing Business Unit: 0 - Corporate

1990 Nutrition Panel

Nutrition Facts			
Serving Size		1 Muffin (113g)	
Servings Per Container		4	
Amount Per Serving			
Calories	460	Calories from Fat	140
% Daily Value *			
Total Fat	16g		25%
Saturated Fat	5g		25%
Trans Fat	0g		
Cholesterol	35mg		12%
Sodium	250mg		10%
Total Carbohydrate	74g		25%
Dietary Fiber	1g		4%
Sugars	55g		
Protein	4g		
Vitamin A	0%	Vitamin C	0%
Calcium	6%	Iron	10%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less Than	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fibre		25g	30g

Ingredients: Sugar, Bleached Wheat Flour, Water, Eggs, Soybean Oil, Chocolate Chips (Sugar, Chocolate Liquor, Cocoa Butter, Soy Lecithin [An Emulsifier], Vanilla), Modified Food Starch, Leavening (Baking Soda, Sodium Aluminum Phosphate, Monocalcium Phosphate), Natural Flavor, Dairy Whey (Milk), Salt, Mono & Diglycerides, Xanthan Gum, Enzyme, Turbinado Sugar, Chocolate Chips (Unsweetened Chocolate, Sugar, Soy Lecithin, Vanillin [Artificial Flavor], Milk)
 Allergens: WHEAT, MILK, SOY, EGGS

Bioengineered: Contains Bioengineered Ingredient

Recipe: 107526 - GR 7526 4 CT CINNAMON CHIP MUFFINS
Recipe Owing Business Unit: 100000 - East - Grand Rapids
Production Item: 20752600000 - 4CT CINNAMON CHIP MUFFINS
Production Item Owing Business Unit: 0 - Corporate

1990 Nutrition Panel

Nutrition Facts			
Serving Size		1 Muffin (113g)	
Servings Per Container		4	
Amount Per Serving			
Calories	390	Calories from Fat	140
% Daily Value *			
Total Fat	15g		23%
Saturated Fat	4g		21%
Trans Fat	0g		
Cholesterol	45mg		14%
Sodium	300mg		13%
Total Carbohydrate	61g		20%
Dietary Fiber	<1g		3%
Sugars	49g		
Protein	3g		
Vitamin A	0%	Vitamin C	0%
Calcium	6%	Iron	6%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less Than	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fibre		25g	30g

Ingredients: Sugar, Bleached Wheat Flour, Water, Eggs, Soybean Oil, Cinnamon Flakes (Sugar, Vegetable Oil [Palm Oil, Palm Kernel], Cinnamon, Soy Lecithin, Wheat Flour), Modified Food Starch, Leavening (Baking Soda, Sodium Aluminum Phosphate, Monocalcium Phosphate), Cinnamon, Dairy Whey (Milk), Salt, Mono & Diglycerides, Xanthan Gum, Enzyme, Sugar, Streusel Topping (Enriched Wheat Flour [Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Sugar, Palm Oil, Contains 2% Or Less Of: Artificial Flavor, Beta-Carotene [Color], Salt, Soybean Oil), Cinnamon
 Allergens: WHEAT, MILK, SOY, EGGS

Bioengineered: Contains Bioengineered Ingredient

Recipe: 107538 - GR 7538 4 CT CHERRY ALMOND MUFFINS
Recipe Owing Business Unit: 100000 - East - Grand Rapids
Production Item: 20753800000 - 4CT CHERRY ALMOND MUFFIN
Production Item Owing Business Unit: 0 - Corporate

1990 Nutrition Panel

Nutrition Facts			
Serving Size		1 Muffin (113g)	
Servings Per Container		4	
Amount Per Serving			
Calories	540	Calories from Fat	180
% Daily Value *			
Total Fat	20g		31%
Saturated Fat	1.5g		7%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	5mg		0%
Total Carbohydrate	80g		27%
Dietary Fiber	4g		16%
Sugars	73g		
Protein	8g		
Vitamin A	0%	Vitamin C	0%
Calcium	8%	Iron	6%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less Than	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fibre		25g	30g

Ingredients: Turbinado Sugar, Almonds, Bleached Wheat Flour, Sugar, Water, Eggs, Soybean Oil, Maraschino Cherries, (Cherries, High Fructose Corn Syrup, Granulated Pure Sugar, Water, Potassium Sorbate [Preservative], Sodium Benzoate [Preservative], Citric Acid, Artificial Flavor, F.D.&C. Red #40, Sulphur Dioxide [Preservative]), Modified Food Starch, Leavening (Baking Soda, Sodium Aluminum Phosphate, Monocalcium Phosphate), Dairy Whey (Milk), Salt, Mono & Diglycerides, Natural And Artificial Flavor, Xanthan Gum, Enzyme

Allergens: WHEAT, MILK, SOY, EGGS, TREE NUTS (ALMONDS)

Bioengineered: Contains Bioengineered Ingredient

Recipe: 107511 - GR 7511 4 CT BUTTER RUM MUFFINS
Recipe Owing Business Unit: 100000 - East - Grand Rapids
Production Item: 20751100000 - 4 CT BUTTER RUM MUFFINS
Production Item Owing Business Unit: 0 - Corporate

1990 Nutrition Panel

Nutrition Facts			
Serving Size		1 Muffin (142g)	
Servings Per Container		4	
Amount Per Serving			
Calories	530	Calories from Fat	190
% Daily Value *			
Total Fat	21g		32%
Saturated Fat	4g		20%
Trans Fat	0g		
Cholesterol	70mg		23%
Sodium	460mg		19%
Total Carbohydrate	80g		27%
Dietary Fiber	1g		5%
Sugars	48g		
Protein	6g		
Vitamin A	0%	Vitamin C	0%
Calcium	8%	Iron	0%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less Than	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fibre		25g	30g

Ingredients: Sugar, Bleached Wheat Flour, Water, Eggs, Soybean Oil, Butterscotch Chips (Sugar, Hydrogenated Palm Kernel Oil And Coconut Oil, Whey [Milk], Soy Lecithin [Emulsifier], Natural And Artificial Flavor, Artificial Color [F. D. & C. Yellow #6 Lake, Yellow #5 Lake, And Blue #2 Lake], And Salt), Modified Food Starch, Leavening (Baking Soda, Sodium Aluminum Phosphate, Monocalcium Phosphate), Dairy Whey (Milk), Salt, Natural And Artificial Flavor, Mono & Diglycerides, Xanthan Gum, Enzyme, Butter Flavor Streusel (Bleached Wheat Flour, Sugar, Margarine [Palm Oil, Water, Soybean Oil, Contains 2% Or Less of: Salt, Mono And Diglycerides, Soy Lecithin, Natural Flavor, Citric Acid [Preservative], Beta Carotene Color, Vitamin A Palmitate Added], Natural And Artificial Flavor [Milk], Sodium Propionate [Preservative]), Turbinado Sugar

Allergens: WHEAT, MILK, SOY, EGGS

Bioengineered: None

Recipe: 107546 - GR 7546 4 CT CRANBERRY ORANGE MUFFINS
Recipe Owing Business Unit: 100000 - East - Grand Rapids
Production Item: 20754600000 - 4CT CRANBERRY ORANGE MUFFINS
Production Item Owing Business Unit: 0 - Corporate

1990 Nutrition Panel

Nutrition Facts			
Serving Size		1 Muffin (113g)	
Servings Per Container		4	
Amount Per Serving			
Calories	410	Calories from Fat	120
% Daily Value *			
Total Fat	13g		20%
Saturated Fat	3g		16%
Trans Fat	0g		
Cholesterol	40mg		13%
Sodium	290mg		12%
Total Carbohydrate	71g		24%
Dietary Fiber	<1g		3%
Sugars	48g		
Protein	3g		
Vitamin A	0%	Vitamin C	0%
Calcium	4%	Iron	6%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less Than	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fibre		25g	30g

Ingredients: Bleached Wheat Flour, Sugar, Water, Cranberries, Eggs, Soybean Oil, Modified Food Starch, Leavening (Baking Soda, Sodium Aluminum Phosphate, Monocalcium Phosphate), Dairy Whey (Milk), Salt, Mono & Diglycerides, Oil of Orange, Xanthan Gum, Annatto Color, Enzyme, Turbinado Sugar, Streusel Topping (Enriched Wheat Flour [Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Sugar, Palm Oil, Contains 2% Or Less Of: Artificial Flavor, Beta-Carotene [Color], Salt, Soybean Oil)

Allergens: WHEAT, MILK, SOY, EGGS

Bioengineered: Contains Bioengineered Ingredient

Recipe: 107567 - GR 7567 4 CT LEMON POPPYSEED MUFFINS

Recipe Owing Business Unit: 100000 - East - Grand Rapids

Production Item: 20756700000 - 4CT LEMON POPPY MUFFINS

Production Item Owing Business Unit: 0 - Corporate

1990 Nutrition Panel

Nutrition Facts			
Serving Size		1 Muffin (113g)	
Servings Per Container		4	
Amount Per Serving			
Calories	440	Calories from Fat	140
% Daily Value *			
Total Fat	15g		23%
Saturated Fat	3g		16%
Trans Fat	0g		
Cholesterol	40mg		13%
Sodium	310mg		13%
Total Carbohydrate	73g		24%
Dietary Fiber	<1g		3%
Sugars	50g		
Protein	4g		
Vitamin A	0%	Vitamin C	0%
Calcium	6%	Iron	6%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less Than	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fibre		25g	30g

Ingredients: Sugar, Bleached Wheat Flour, Water, Eggs, Soybean Oil, Modified Food Starch, Poppy Seeds, Leavening (Baking Soda, Sodium Aluminum Phosphate, Monocalcium Phosphate), Natural Flavor, Dairy Whey (Milk), Salt, Mono & Diglycerides, Xanthan Gum, Enzyme, Turmeric For Color, Turbinado Sugar, Streusel Topping (Enriched Wheat Flour [Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Sugar, Palm Oil, Contains 2% Or Less Of: Artificial Flavor, Beta-Carotene [Color], Salt, Soybean Oil)

Allergens: WHEAT, MILK, SOY, EGGS

Bioengineered: Contains Bioengineered Ingredient

Recipe: 107550 - GR 7550 4 CT DOUBLE DUTCH MUFFINS
Recipe Owing Business Unit: 100000 - East - Grand Rapids
Production Item: 20755000000 - 4CT DOUBLE DUTCH MUFFINS
Production Item Owing Business Unit: 0 - Corporate

1990 Nutrition Panel

Nutrition Facts			
Serving Size		1 Muffin (113g)	
Servings Per Container		4	
Amount Per Serving			
Calories	440	Calories from Fat	170
% Daily Value *			
Total Fat	19g		29%
Saturated Fat	4g		20%
Trans Fat	0g		
Cholesterol	30mg		10%
Sodium	580mg		24%
Total Carbohydrate	61g		20%
Dietary Fiber	0g		0%
Sugars	39g		
Protein	5g		
Vitamin A	0%	Vitamin C	0%
Calcium	6%	Iron	11%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less Than	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fibre		25g	30g

Ingredients: Sugar, Water, Bleached Wheat Flour, Eggs, Soybean Oil, Chocolate Chips (Sugar, Chocolate Liquor, Cocoa Butter, Soy Lecithin [An Emulsifier], Vanilla), Cocoa Powder Treated With Alkali, Modified Food Starch, Dairy Whey (Milk), Leavening (Baking Soda, Monocalcium Phosphate), Buttermilk Solids, Salt, Caramel Color, Natural Flavor, Mono & Diglycerides, Xanthan Gum, Enzyme
 Allergens: WHEAT, MILK, SOY, EGGS

Bioengineered: Contains Bioengineered Ingredient

Recipe: 107580 - GR 7580 4 CT PISTACHIO MUFFINS
Recipe Owing Business Unit: 100000 - East - Grand Rapids
Production Item: 20758000000 - 4CT PISTACHIO MUFFIN
Production Item Owing Business Unit: 0 - Corporate

1990 Nutrition Panel

Nutrition Facts			
Serving Size		1 Muffin (113g)	
Servings Per Container		4	
Amount Per Serving			
Calories	440	Calories from Fat	130
% Daily Value *			
Total Fat	14g		22%
Saturated Fat	3.5g		17%
Trans Fat	0g		
Cholesterol	40mg		13%
Sodium	320mg		13%
Total Carbohydrate	73g		24%
Dietary Fiber	<1g		3%
Sugars	50g		
Protein	4g		
Vitamin A	0%	Vitamin C	0%
Calcium	4%	Iron	6%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less Than	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fibre		25g	30g

Ingredients: Sugar, Bleached Wheat Flour, Water, Eggs, Soybean Oil, Modified Food Starch, Leavening (Baking Soda, Sodium Aluminum Phosphate, Monocalcium Phosphate), Natural Pistachio Flavor, Dairy Whey (Milk), Salt, Mono & Diglycerides, Xanthan Gum, Enzyme, Fd&C Yellow #5, Fd&C Blue #1, And Fd&C Red #40, Turbinado Sugar, Streusel Topping (Enriched Wheat Flour [Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Sugar, Palm Oil, Contains 2% Or Less Of: Artificial Flavor, Beta-Carotene [Color], Salt, Soybean Oil)

Allergens: WHEAT, MILK, SOY, EGGS, TREE NUTS (PISTACHIOS)

Bioengineered: Contains Bioengineered Ingredient

Recipe: 107590 - GR 7590 4 CT PUMPKIN MUFFINS
Recipe Owing Business Unit: 100000 - East - Grand Rapids
Production Item: 20759000000 - 4CT PUMPKIN MUFFINS
Production Item Owing Business Unit: 0 - Corporate

1990 Nutrition Panel

Nutrition Facts			
Serving Size		1 Muffin (191g)	
Servings Per Container		4	
Amount Per Serving			
Calories	750	Calories from Fat	220
% Daily Value *			
Total Fat	24g		38%
Saturated Fat	5g		27%
Trans Fat	0g		
Cholesterol	70mg		23%
Sodium	520mg		22%
Total Carbohydrate	125g		42%
Dietary Fiber	1g		6%
Sugars	87g		
Protein	7g		
Vitamin A	0%	Vitamin C	0%
Calcium	10%	Iron	10%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less Than	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fibre		25g	30g

Ingredients: Sugar, Bleached Wheat Flour, Pumpkin, Eggs, Soybean Oil, Water, Modified Food Starch, Molasses, Leavening (Baking Soda, Sodium Aluminum Phosphate, Monocalcium Phosphate), Spice, Dairy Whey (Milk), Salt, Mono & Diglycerides, Caramel Color, Xanthan Gum, Enzyme, Turbinado Sugar, Streusel Topping (Enriched Wheat Flour [Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Sugar, Palm Oil, Contains 2% Or Less Of: Artificial Flavor, Beta-Carotene [Color], Salt, Soybean Oil)

Allergens: WHEAT, MILK, SOY, EGGS

Bioengineered: Contains Bioengineered Ingredient

Recipe: 107600 - GR 7600 4 CT RAISIN BRAN MUFFINS
Recipe Owing Business Unit: 100000 - East - Grand Rapids
Production Item: 20760000000 - 4CT RAISIN BRAN MUFFINS
Production Item Owing Business Unit: 0 - Corporate

1990 Nutrition Panel

Nutrition Facts			
Serving Size		1 Muffin (113g)	
Servings Per Container		4	
Amount Per Serving			
Calories	420	Calories from Fat	120
% Daily Value *			
Total Fat	14g		21%
Saturated Fat	2.5g		13%
Trans Fat	0g		
Cholesterol	40mg		14%
Sodium	260mg		11%
Total Carbohydrate	67g		22%
Dietary Fiber	10g		40%
Sugars	24g		
Protein	7g		
Vitamin A	0%	Vitamin C	0%
Calcium	6%	Iron	10%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less Than	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fibre		25g	30g

Ingredients: Bleached Wheat Flour, Sugar, Water, Eggs, Soybean Oil, Raisins, Wheat Bran, Molasses, Modified Food Starch, Leavening (Baking Soda, Sodium Aluminum Phosphate, Monocalcium Phosphate), Dairy Whey (Milk), Salt, Mono & Diglycerides, Caramel Color, Xanthan Gum, Enzyme, Whole Grain Rolled Oats

Allergens: WHEAT, MILK, SOY, EGGS

Bioengineered: Contains Bioengineered Ingredient

Recipe: 107607 - GR 7607 4 CT RED VELVET MUFFINS
Recipe Owing Business Unit: 100000 - East - Grand Rapids
Production Item: 20760700000 - 4CT RED VELVET MUFFIN
Production Item Owing Business Unit: 0 - Corporate

1990 Nutrition Panel

Nutrition Facts			
Serving Size		1 Muffin (113g)	
Servings Per Container		4	
Amount Per Serving			
Calories	490	Calories from Fat	180
% Daily Value *			
Total Fat	20g		31%
Saturated Fat	6g		30%
Trans Fat	0g		
Cholesterol	35mg		11%
Sodium	300mg		13%
Total Carbohydrate	75g		25%
Dietary Fiber	2g		7%
Sugars	56g		
Protein	4g		
Vitamin A	0%	Vitamin C	0%
Calcium	2%	Iron	10%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less Than	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fibre		25g	30g

Ingredients: Sugar, Bleached Wheat Flour, Water, Soybean Oil, Eggs, Confectionary Drops (Sugar, Rspo Hydrogenated Vegetable Oil [Palm Kernel, Palm, Coconut], Cocoa Processed With Alkali, Dextrose, Cocoa Powder, Whey [Milk], Soy Lecithin [Emulsifier], Vanilla), Modified Food Starch, Cocoa Powder, Leavening (Baking Soda, Sodium Aluminum Phosphate), Mono And Diglycerides, Salt, Natural And Artificial Flavor, Rice Starch, Caramel Color, Dairy Whey (Milk), Soy Flour, Wheat Gluten, Fd&C Red #40, Enzyme, Turbinado Sugar, Chocolate Chips (Unsweetened Chocolate, Sugar, Soy Lecithin, Vanillin [Artificial Flavor], Milk)

Allergens: WHEAT, MILK, SOY, EGGS

Bioengineered: Contains Bioengineered Ingredient

Recipe: 107619 - GR 7619 4 CT ORANGE PINEAPPLE MUFFINS**Recipe Owing Business Unit: 100000 - East - Grand Rapids****Production Item: 20761900000 - 4 ct Orange Pineapple Muffins****Production Item Owing Business Unit: 0 - Corporate**

1990 Nutrition Panel

Nutrition Facts			
Serving Size		1 Muffin (113g)	
Servings Per Container		4	
Amount Per Serving			
Calories	430	Calories from Fat	120
% Daily Value *			
Total Fat	14g		21%
Saturated Fat	3g		16%
Trans Fat	0g		
Cholesterol	35mg		12%
Sodium	300mg		12%
Total Carbohydrate	72g		24%
Dietary Fiber	<1g		3%
Sugars	50g		
Protein	4g		
Vitamin A	0%	Vitamin C	0%
Calcium	6%	Iron	6%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less Than	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fibre		25g	30g

Ingredients: Sugar, Bleached Wheat Flour, Water, Eggs, Soybean Oil, Pineapple, Orange Peel (Orange Peel, Water, Citric Acid), Modified Food Starch, Leavening (Baking Soda, Sodium Aluminum Phosphate, Monocalcium Phosphate), Dairy Whey (Milk), Salt, Mono & Diglycerides, Oil Of Orange, Annatto For Color, Xanthan Gum, Enzyme, Turbinado Sugar, Streusel Topping (Enriched Wheat Flour [Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Sugar, Palm Oil, Contains 2% Or Less Of: Artificial Flavor, Beta-Carotene [Color], Salt, Soybean Oil)

Allergens: WHEAT, MILK, SOY, EGGS

Bioengineered: Contains Bioengineered Ingredient

Recipe: 107620 - GR 7620 4 CT APPLE SPICE MUFFINS
Recipe Owing Business Unit: 100000 - East - Grand Rapids
Production Item: 20762000000 - 4CT APPLE SPICE MUFFINS
Production Item Owing Business Unit: 0 - Corporate

1990 Nutrition Panel

Nutrition Facts			
Serving Size		1 Muffin (113g)	
Servings Per Container		4	
Amount Per Serving			
Calories	310	Calories from Fat	100
% Daily Value *			
Total Fat	11g		17%
Saturated Fat	3g		14%
Trans Fat	0g		
Cholesterol	30mg		10%
Sodium	250mg		11%
Total Carbohydrate	50g		17%
Dietary Fiber	<1g		3%
Sugars	42g		
Protein	3g		
Vitamin A	0%	Vitamin C	0%
Calcium	4%	Iron	4%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less Than	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fibre		25g	30g

Ingredients: IngredientsSugar, Bleached Wheat Flour, Water, Eggs, Soybean Oil, Apples, Modified Food Starch, Leavening (Baking Soda, Sodium Aluminum Pyrophosphate, Monocalcium Phosphate), Spice, Natural Flavor, Dairy Whey (Milk), Salt, Mono & Diglycerides, Xanthan Gum, Enzyme. Contains: Wheat, Egg, And Dairy (Milk). This Product is Manufactured On Equipment Exposed To Almond, Coconut, Pecan, Pistachio, Soy, And Walnut Products. Sugar, Streusel Topping (Enriched Wheat Flour [Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Sugar, Palm Oil, Contains 2% Or Less Of: Artificial Flavor, Beta-Carotene [Color], Salt, Soybean Oil), Cinnamon
 Allergens: WHEAT, MILK, SOY, EGGS, TREE NUT.

Bioengineered: None

Recipe: 107622 - GR 7622 4 CT PEACH MUFFINS
Recipe Owing Business Unit: 100000 - East - Grand Rapids
Production Item: 20762200000 - 4CT PEACH MUFFINS
Production Item Owing Business Unit: 0 - Corporate

1990 Nutrition Panel

Nutrition Facts			
Serving Size		1 Muffin (113g)	
Servings Per Container		4	
Amount Per Serving			
Calories	420	Calories from Fat	120
% Daily Value *			
Total Fat	13g		20%
Saturated Fat	3g		16%
Trans Fat	0g		
Cholesterol	40mg		13%
Sodium	290mg		12%
Total Carbohydrate	72g		24%
Dietary Fiber	<1g		3%
Sugars	50g		
Protein	3g		
Vitamin A	0%	Vitamin C	0%
Calcium	4%	Iron	6%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less Than	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fibre		25g	30g

Ingredients: Bleached Wheat Flour, Sugar, Water, Eggs, Soybean Oil, Peaches, Modified Food Starch, Leavening (Baking Soda, Sodium Aluminum Phosphate, Monocalcium Phosphate), Natural Flavor, Dairy Whey (Milk), Salt, Mono & Diglycerides, Xanthan Gum, Enzyme, Turbinado Sugar, Streusel Topping (Enriched Wheat Flour [Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Sugar, Palm Oil, Contains 2% Or Less Of: Artificial Flavor, Beta-Carotene [Color], Salt, Soybean Oil)
 Allergens: WHEAT, MILK, SOY, EGGS

Bioengineered: Contains Bioengineered Ingredient

Recipe: 107623 - GR 7623 4 CT RASPBERRY MUFFINS
Recipe Owing Business Unit: 100000 - East - Grand Rapids
Production Item: 20762300000 - 4CT RASPBERRY MUFFIN
Production Item Owing Business Unit: 0 - Corporate

1990 Nutrition Panel

Nutrition Facts			
Serving Size		1 Muffin (113g)	
Servings Per Container		4	
Amount Per Serving			
Calories	440	Calories from Fat	130
% Daily Value *			
Total Fat	14g		22%
Saturated Fat	4g		19%
Trans Fat	0g		
Cholesterol	45mg		14%
Sodium	310mg		13%
Total Carbohydrate	74g		25%
Dietary Fiber	<1g		3%
Sugars	51g		
Protein	4g		
Vitamin A	0%	Vitamin C	0%
Calcium	4%	Iron	6%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less Than	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fibre		25g	30g

Ingredients: Sugar, Bleached Wheat Flour, Water, Eggs, Soybean Oil, Raspberry Bits (Sugar, Hydrogenated Palm Oil, Corn Flour, Corn Starch, Citric Acid, Natural Flavor, Red #40 Lake, Dried Raspberries, Blue #1 Lake), Modified Food Starch, Leavening (Baking Soda, Sodium Aluminum Phosphate, Monocalcium Phosphate), Natural Flavor, Raspberries, Dairy Whey (Milk), Salt, Mono & Diglycerides, Xanthan Gum, Enzyme, FD&C Red #40, Turbinado Sugar, Streusel Topping (Enriched Wheat Flour [Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Sugar, Palm Oil, Contains 2% Or Less Of: Artificial Flavor, Beta-Carotene [Color], Salt, Soybean Oil)
 Allergens: WHEAT, MILK, SOY, EGGS

Bioengineered: Contains Bioengineered Ingredient

Recipe: 107528 - GR 7528 4 CT KEY LIME MUFFINS
Recipe Owing Business Unit: 100000 - East - Grand Rapids
Production Item: 20752800000 - 4 CT Key Lime Muffins
Production Item Owing Business Unit: 0 - Corporate

1990 Nutrition Panel

Nutrition Facts			
Serving Size		1 Muffin (113g)	
Servings Per Container		4	
Amount Per Serving			
Calories	560	Calories from Fat	200
% Daily Value *			
Total Fat	22g		34%
Saturated Fat	4g		21%
Trans Fat	0g		
Cholesterol	65mg		22%
Sodium	480mg		20%
Total Carbohydrate	85g		28%
Dietary Fiber	1g		5%
Sugars	51g		
Protein	6g		
Vitamin A	0%	Vitamin C	0%
Calcium	8%	Iron	6%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less Than	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fibre		25g	30g

Ingredients: Ingredients Sugar, Bleached Wheat Flour, Water, Eggs, Soybean Oil, Modified Food Starch, Leavening (Baking Soda, Sodium Aluminum Phosphate, Monocalcium Phosphate), Natural Flavor, Dairy Whey (Milk), Salt, Mono & Diglycerides, Xanthan Gum, Enzyme, F.D. & C. Yellow #5, F.D. & C. Blue #1, And F.D. & C. Red #40. Contains: Wheat, Egg, And Dairy (Milk). This Product is Manufactured On Equipment Exposed To Almond, Coconut, Pecan, Pistachio, Soy, And Walnut Products. Butter Flavor Streusel (Bleached Wheat Flour, Sugar, Margarine [Palm Oil, Water, Soybean Oil, Contains 2% Or Less of: Salt, Mono And Diglycerides, Soy Lecithin, Natural Flavor, Citric Acid [Preservative], Beta Carotene Color, Vitamin A Palmitate Added], Natural And Artificial Flavor [Milk], Sodium Propionate [Preservative]), Turbinado Sugar
 Allergens: WHEAT, MILK, SOY, EGGS, TREE NUT.

Bioengineered: None

Recipe: 107608 - GR 7608 4 CT TRIPLE BERRY MUFFINS
Recipe Owing Business Unit: 100000 - East - Grand Rapids
Production Item: 20760800000 - 4CT TRIPLE BERRY MUFFINS
Production Item Owing Business Unit: 0 - Corporate

1990 Nutrition Panel

Nutrition Facts			
Serving Size		1 Muffin (113g)	
Servings Per Container		4	
Amount Per Serving			
Calories	410	Calories from Fat	120
% Daily Value *			
Total Fat	13g		20%
Saturated Fat	3g		16%
Trans Fat	0g		
Cholesterol	35mg		12%
Sodium	290mg		12%
Total Carbohydrate	71g		24%
Dietary Fiber	0g		0%
Sugars	49g		
Protein	3g		
Vitamin A	0%	Vitamin C	0%
Calcium	4%	Iron	6%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less Than	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fibre		25g	30g

Ingredients: Bleached Wheat Flour, Sugar, Water, Eggs, Soybean Oil, Blueberries, Cranberries, Modified Food Starch, Leavening (Baking Soda, Sodium Aluminum Phosphate, Monocalcium Phosphate), Raspberries, Dairy Whey (Milk), Salt, Mono & Diglycerides, Natural And Artificial Flavor, Xanthan Gum, Enzyme, Turbinado Sugar, Streusel Topping (Enriched Wheat Flour [Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Sugar, Palm Oil, Contains 2% Or Less Of: Artificial Flavor, Beta-Carotene [Color], Salt, Soybean Oil)

Allergens: WHEAT, MILK, SOY, EGGS

Bioengineered: Contains Bioengineered Ingredient