

Portland Sandwich



Muffin Almond Poppyseed

Nutrition Facts

Serving Size: 1 item (162g)

Servings Per Container: 1

Amount Per Serving

Calories 670 **Calories from Fat** 340

% Daily Value*

Total Fat 38g **58%**

Saturated Fat 7g **35%**

Trans Fat 0g

Cholesterol 140mg **47%**

Sodium 650mg **27%**

Total Carbohydrate 75g **25%**

Dietary Fiber 2g **8%**

Sugars 42g

Protein 10g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • 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 Fiber		25g	30g

INGREDIENTS: SUGAR, ENRICHED WHEAT FLOUR (WHEAT & MALTED BARLEY FLOURS, FERROUS SULFATE, NIACIN, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), EGGS, SOY OIL, WATER, POPPY SEED, MODIFIED FOOD STARCH, 2% OR LESS OF: EMULSIFIERS (MONO & DIGLYCERIDES, PROPYLENE GLYCOL MONO & DIESTERS OF FATTY ACIDS, SODIUM STEAROYL LACTYLATE), LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM & MONOCALCIUM PHOSPHATES), SALT, NONFAT MILK, SODIUM CASEINATE, XANTHAN & LOCUST BEAN GUM, GUAR GUM, EGG WHITES, NATURAL & ARTIFICIAL FLAVORS, CORN SUGAR & STARCH, SOY FLOUR.

CONTAINS: WHEAT, MILK, EGG, SOY. PRODUCED ON EQUIPMENT THAT ALSO PROCESSES PEANUTS AND TREE NUTS



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MUFFIN ALMOND POPPYSEED - 923282

Portland Sandwich Co. Portland, OR 97220