

Portland Sandwich



Muffin Blueberry

Nutrition Facts

Serving Size: 1 item (156g)

Servings Per Container: 1

Amount Per Serving

Calories 610 **Calories from Fat** 290

% Daily Value*

Total Fat 32g **49%**

Saturated Fat 6g **30%**

Trans Fat 0g

Cholesterol 125mg **42%**

Sodium 590mg **25%**

Total Carbohydrate 71g **24%**

Dietary Fiber 2g **8%**

Sugars 40g

Protein 8g

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 FLOUR, FERROUS SULFATE, NIACIN, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), EGGS, BLUEBERRIES, SOY OIL, WATER, 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 PHOSPHATE), SALT, SODIUM CASEINATE, ARTIFICIAL FLAVORS, XANTHAN GUM, LOCUST BEAN & GUAR GUM, EGG WHITES, NONFAT MILK, CORN SUGAR & STARCH, SOY FLOUR.

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



MUFFIN BLUEBERRY - 923268

Portland Sandwich Co. Portland, OR 97220