

ALF-Basic Muffin Mix

Nutrition Facts

12 servings per container

Serving size 1 muffin (28g)

Amount Per Serving

Calories **100**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 230mg **10%**

Total Carbohydrate 22g **8%**

Dietary Fiber 1g **4%**

Total Sugars 10g

Includes 10g Added Sugars **20%**

Protein 1g

Vitamin D 0mcg **0%**

Calcium 0mg **0%**

Iron 1.08mg **6%**

Potassium 0mg **0%**

*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.