

Fresh Baked Lemon Poppy Seed Muffins[®]



Diabetic
Friendly
Low
Carb

4 pack



Refrigerate or Freeze After Receiving
Remove Air From Bag Before Closing

Nutrition Facts

Serving Size 2.1 oz (59.5g)

1 large muffin 2½" x 1¾"

Servings per container 4

Amount Per Serving

Calories 166

Calories from Fat 81

%Daily Value*

Total Fat 9g	14%	Total Carbohydrate 12.2g	4%
Saturated Fat 5g	25%	Dietary Fiber 10.7g	43%
Trans Fat 0g		Sugars 0g	
Cholesterol 81mg	27%	Protein 9g	18%
Sodium 220mg	9%	Net Carbs 1.5g	

*Percent daily values are based on a 2000 calorie diet.

Ingredients: Wheat protein isolates, resistant wheat starches, flax seed meal, vital wheat gluten, eggs, butter, coconut oil, Inulin fiber, digestion resistant polydextrose fiber, cream, poppy seeds, baking powder, salt, organic stevia, natural luohanguo monk fruit, vanilla, natural lemon flavoring & natural enzymes.

Allergen Warning: Processed in a facility that uses nuts and gluten

Net Wt. 8.4 oz. (238g)



Manufactured for LC Foods[™]
Company, Raleigh NC 27604