

Nutrition and Diet Services

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Client Name: **Black Sheep Bakery**
 Product: **Blueberry Cornmeal Muffin (4 serving)**

Nutrition Facts			
Serving Size 1/4 muffin (57 grams)			
Servings Per Container 4			
Amount Per Serving			
Calories 160	Calories from Fat 30		
% Daily Value*			
Total Fat 3.5g	6%		
Saturated Fat 0g	0%		
<i>Trans</i> Fat 0g			
Cholesterol 0mg	0%		
Sodium 140mg	6%		
Total Carbohydrate 30g	10%		
Dietary Fiber less than 1g	4%		
Sugars 11g			
Protein 2g			
Vitamin A 0%	• Vitamin C 0%		
Calcium 8%	• Iron 8%		
Thiamin 10%	• Riboflavin 8%		
Niacin 6%	• Folate 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 Fiber		25g	30g
Calories per gram:			
Fat 9	•	Carbohydrate 4	• Protein 4

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If this ingredient statement contains "(list sub-ingredients)", FDA requires you to insert all sub-ingredients within the parentheses for a Full Disclosure Ingredient Statement. NDS can complete a full disclosure statement for an additional charge.

Ingredients: Wheat Flour (list sub-ingredients), Soy Milk (list sub-ingredients), Blueberries, Cornmeal (list sub-ingredients), Agave Syrup (list sub-ingredients), Evaporated Cane Juice, Unsweetened Applesauce (list sub-ingredients), Canola Oil, Water, Lemon Juice, Maple Syrup, Baking Powder (list sub-ingredients), Egg Replacer (list sub-ingredients), Vanilla Extract (list sub-ingredients), Salt.