

Blueberry Muffin

Nutrition Facts

2.5 servings per container

Serving size **2 mini muffins (0.0g)**

	Per Serving	Per Container
Calories	100	250
	% Daily Value*	% Daily Value*
Total Fat	1g 1%	3g 4%
Saturated Fat	0g 0%	0g 0%
<i>Trans</i> Fat	0g	0g
Cholesterol	20mg 7%	45mg 15%
Sodium	200mg 9%	500mg 22%
Total Carb.	20g 7%	51g 19%
Dietary Fiber	2g 7%	4g 14%
Total Sugars	11g	28g
Incl. Added Sugars	0g 0%	0g 0%
Protein	2g	6g
Vitamin D	0.1mcg 0%	0.3mcg 2%
Calcium	20mg 2%	40mg 4%
Iron	0.6mg 4%	1.5mg 8%
Potassium	430mg 10%	1080mg 25%

* 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.

INGREDIENTS: HONEY, OAT FLOUR, BLUEBERRIES, BANANAS, SWEET POTATO, EGGS, BAKING SODA, VANILLA EXTRACT, BAKING POWDER, CINNAMON, TURMERIC, GINGER

CONTAINS: EGG

CUISINE FOR HEALING 1614 MISTLETOE BLVD FW TX 76104

Fruitcake muffin

Nutrition Facts

2.5 servings per container

Serving size

2 pieces (0.0g)

	Per Serving	Per Container
Calories	130	320
	% Daily Value*	% Daily Value*
Total Fat	1g 1%	3g 4%
Saturated Fat	0g 0%	0g 0%
<i>Trans</i> Fat	0g	0g
Cholesterol	20mg 7%	45mg 15%
Sodium	210mg 9%	520mg 23%
Total Carb.	27g 10%	68g 25%
Dietary Fiber	2g 7%	6g 21%
Total Sugars	17g	43g
Incl. Added Sugars	1g 2%	3g 6%
Protein	2g	6g
Vitamin D	0.1mcg 0%	0.3mcg 2%
Calcium	20mg 2%	60mg 4%
Iron	0.6mg 4%	1.5mg 8%
Potassium	500mg 10%	1240mg 25%

* 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.

INGREDIENTS: HONEY, OAT FLOUR, DRIED PINEAPPLE, BANANAS, SWEET POTATO, EGGS, CARROT, CRANBERRIES, APPLES, BAKING SODA, VANILLA EXTRACT, BAKING POWDER, CINNAMON, TURMERIC, GINGER

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