

Banana Nut Muffins
Bananes et noix

Nutrition Facts		Valeur nutritive	
Serving Size / Portion: 1/2 muffin (2oz./57 grams)			
Servings Per Package 2 / 2 Portions par contenant			
Amount Per Serving / Teneur par portion			
Calories / Calories 230			
		% Daily Value*	
		% valeur quotidienne*	
Total Fat/Lipides	11G		18%
Saturated Fat/lipides saturés	1.5g		9%
Trans Fat/lipides trans	0g		
Cholesterol/Cholestérol	30mg		10%
Sodium/Sodium	220mg		9%
Potassium/Potassium	135mg		4%
Total Carbohydrate/Glucides	29g		10%
Dietary Fiber/Fibres	1g		4%
Sugars/Sucres	16g		
Protein/Protéines 3g			
Vitamin A/Vitamine A 0%		Vitamin C/Vitamine C 0%	
Calcium/Calcium 4%		Iron/Fer 6%	

Ingredients: Sugar, Enriched Flour (Flour, Malted Barley Flour, Niacin, Reduce Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Soybean Oil, Eggs, Water, Banana Puree, Walnuts. Contains 2% or less of the following: Food Starch - Modified, Whey, Leavening (Sodium Aluminum Phosphate, Baking Soda, Monocalcium Phosphate), Salt, Potassium Sorbate as a preservative, Natural and Artificial Flavours, Mono- and Diglycerides, Xanthan Gum, Calcium Sulfate, Lecithin. **Contains: Milk, Eggs, Soybeans Walnuts and Wheat.**

Ingédients: sucre, farine enrichie (farine, farine d'orge maltée, niacine, fer, mononitrate de thiamine, riboflavine, acide folique), huile de soja, oeufs, eau, purée de bananes, noix de grenoble. Contient 2% ou moins des éléments suivants: arôme naturel, sel, sorbate de potassium comme agent de conservation, lactosérum, agents de levage (pyrophosphate de sodium, bicarbonate de sodium, féculé de maïs, phosphate monocalcique). **Contient: lait, oeufs, noix soya et du blé.**

Wild Blueberry Muffins
Bleuts sauvages

Nutrition Facts		Valeur nutritive	
Serving Size / Portion: 1/2 muffin (2oz./57 grams)			
Servings Per Package 2 / 2 Portions par contenant			
Amount Per Serving / Teneur par portion			
Calories / Calories 210			
		% Daily Value*	
		% valeur quotidienne*	
Total Fat/Lipides	11G		17%
Saturated Fat/lipides saturés	2g		10%
Trans Fat/lipides trans	0g		
Cholesterol/Cholestérol	40mg		13%
Sodium/Sodium	250mg		10%
Potassium/Potassium	110mg		3%
Total Carbohydrate/Glucides	26g		9%
Dietary Fiber/Fibres	>1g		2%
Sugars/Sucres	15g		
Protein/Protéines 3g			
Vitamin A/Vitamine A 2%		Vitamin C/Vitamine C 0%	
Calcium/Calcium 4%		Iron/Fer 6%	

Ingredients: Sugar, Enriched Bleach Flour (Bleached Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Soybean Oil, Eggs, Blueberries, Water, Food Starch - Modified. Contains 2% or less of the following: Leavening (Sodium Aluminum Phosphate, Baking Soda, Monocalcium Phosphate), Wheat Gluten, Salt, Soy Flour, Whey, Potassium Sorbate as a preservative, Propylene Glycol Monostearate, Mono- and Diglycerides, Natural and Artificial Flavour, Sodium Stearoyl Lactylate, Xanthan Gum, Calcium Sulfate, Lecithin. **Contains: Milk, Eggs, Soybeans and Wheat.**

Ingédients: sucre, farine enrichie blanchie (farine blanchie, farine d'orge, maltée, niacine, fer, mononitrate de thiamine, riboflavine, acide folique), huile de soja, oeufs, bleuets, eau, amidon alimentaire modifié. Contient 2% ou moins des éléments suivants: agents de levage (phosphate d'aluminium et de sodium, bicarbonate de sodium, phosphate monocalcique), gluten de blé, farine de soja, conservation, monostearate de propylène glycol, monoglycérides, stéaroyllactylate de sodium. **Contient: lait, oeufs, soya et du blé.**

Chocolate Chocolate Chip Muffins
Chocolat et pépites de chocolat

Nutrition Facts		Valeur nutritive	
Serving Size / Portion: 1/2 muffin (2oz./57 grams)			
Servings Per Package 2 / 2 Portions par contenant			
Amount Per Serving / Teneur par portion			
Calories / Calories 220			
		% Daily Value*	
		% valeur quotidienne*	
Total Fat/Lipides	12G		18%
Saturated Fat/lipides saturés	2.5g		13%
Trans Fat/lipides trans	0g		
Cholesterol/Cholestérol	40mg		15%
Sodium/Sodium	250mg		8%
Potassium/Potassium	110mg		5%
Total Carbohydrate/Glucides	26g		9%
Dietary Fiber/Fibres	1g		4%
Sugars/Sucres	17g		
Protein/Protéines 3g			
Vitamin A/Vitamine A 2%		Vitamin C/Vitamine C 0%	
Calcium/Calcium 4%		Iron/Fer 6%	

Ingredients: Sugar, Enriched Flour (Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Eggs, Soybean Oil, Water, Chocolate Chips (Sugar, Unsweetened Chocolate, Cocoa Butter, Dextrose, Soy Lecithin [as emulsifier], Vanilla), Cocoa processed with Alkali, Food Starch - Modified. Contains 2% or less of the following: Leavening (Sodium Aluminum Phosphate, Baking Soda, Monocalcium Phosphate), Whey, Soy Flour, Salt, Potassium Sorbate as a preservative, Propylene Glycol Monostearate, Mono- and Diglycerides, Natural and Artificial Flavour, Sodium Stearoyl Lactylate, Xanthan Gum, Calcium Sulfate, Lecithin. **Contains: Milk, Eggs, Soybeans and Wheat.**

Ingédients: sucre, farine, enrichie (farine, farine d'orge maltée, niacine, fer, mononitrate de thiamine, riboflavine, acide folique), oeufs, huile de soja, eau, pépites de chocolat (sucre, chocolat non sucré, beurre de cacao, dextrose, lécithine de soya [un émulsifiant], vanille), cacao traité à l'alcali, amidon alimentaire modifié. Contient 2% ou moins des éléments suivants: agents de levage (phosphate d'aluminium et de sodium, bicarbonate de sodium, phosphate monocalcique), lactosérum, farine de soja, sel, sorbate de potassium comme agent de conservation, monostéarate de propylène glycol, monoglycérides, stéaroyllactylate de sodium. **Contient: lait, oeufs, soya et du blé.**

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