

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, Reduced 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, fécule de maïs, phosphate monocalcique). **Contient: lait, oeufs, noix soya et du blé.**

Wild Blueberry Muffins
Bluets 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, biocarbonate de sodium, phosphate monocalcique), gluten de blé, farine de soja, conservation, monostéarate 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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