

# Dave's Baking Company

## NUTRITION & ANALYSIS SHEET

**PRODUCT NAME:** Whole Grain Blueberry Muffin  
**PRODUCT CODE:** WG829  
**PORTION SIZE:** 3.15 oz. 90 gm  
**PACKED:** 60  
**CASE NET WEIGHT:** 11.8 lbs  
**CASE DIMENSIONS:** 16"x12"x7"  
**PALLETIZING:** 10 tie X 10 hi  
**MEAL CONTRIBUTION:**  
**EACH WHOLE GRAIN BLUEBERRY MUFFIN PROVIDES: 2 serving of grain,** contains minimum 32 gm flour, minimum 51% of the flour as whole wheat, ¼ cup fruit.

### INGREDIENTS:

Whole grain wheat flour, enriched wheat flour (contains niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, eggs, unsweetened applesauce, blueberries, sugar, vegetable oil (soybean), nonfat milk, baking powder, salt.

**Contains: Wheat, Egg, Soybean, Milk,**  
**(Manufactured in a Peanut Free Plant)**

Shelf life: 10 months frozen, 10 days room temp.  
Serving directions: Thaw at room temperature 6 hours  
Prior to serving

I certify that the above information is accurate at present on this date.

**Name:** David Aframian **Title:** Vice President

**Signature:**  **Date:** January 4, 2018

### Nutritional Analysis

Per Serving (90 gm)

#### Basic Components

**Calories** 223

**Protein** 3.9 g

**Carbohydrates** 38.5 g

**Dietary Fiber** 3.3 g

**Sugar – Total** 16.5 g

**Fat – Total** 6 g

**Saturated Fat** 0.9 g

**Trans Fat** 0 g

**Cholesterol** 30 mg

**Vitamin A IU** 52 IU

**Vitamin C** 1.2 mg

**Calcium** 8.5 mg

**Iron** 1.1 mg

**Sodium** 115 mg

**Niacin** 1.9 mg

**Thiamin** 0.19 mg

**Riboflavin** 0.15 mg

**Calories from Fat** 54