

Fortified with
10 Vitamins
& Minerals

Otis Spunkmeyer

DELICIOUS ESSENTIALS[®]

Muffin
MADE WITH WHOLE GRAIN

Wild
Blueberry

NET WT

Nutrition Facts

serving Size 1.8 oz. (51g)

Servings Per Container 1

Calories 160

Calories from Fat 45

* Percent Daily Values (DV) are based on a 2,000 calorie diet.

Amount/Serving	% DV*	Amount/Serving	% DV*
Total Fat 5g	8%	Potassium 95g	3%
Sat. Fat 1g	6%	Total Carb. 27g	9%
Trans Fat 0g		Dietary Fiber 1g	4%
Cholest. 30mg	10%	Sugars 15g	
Sodium 190mg	8%	Protein 3g	
Vitamin A 25% • Vitamin C 25% • Calcium 4% • Iron 25% • Vitamin D 25% Vitamin E 25% • Thiamin 15% • Riboflavin 10% • Niacin 6% Vitamin B6 25% • Folate 30% • Vitamin B12 25% • Biotin 25% Pantothenic Acid 6% • Phosphorus 8% • Magnesium 0% • Zinc 25%			

INGREDIENTS: ENRICHED FLOUR (FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, EGGS, BLUEBERRIES, INVERT SUGAR, BROWN RICE FLOUR, SOYBEAN OIL, WATER. CONTAINS 2% OR LESS OF THE FOLLOWING: FOOD STARCH—MODIFIED, CORN STARCH, LEAVENING (SODIUM ALUMINUM PHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), SOY FLOUR, SALT, NATURAL AND ARTIFICIAL FLAVORS, WHEY PROTEIN CONCENTRATE, POTASSIUM SORBATE AS A PRESERVATIVE, PROPYLENE GLYCOL MONOSTEARATE, MONOGLYCERIDES, SODIUM STEAROYL LACTYLATE, XANTHAN GUM, LECITHIN. NUTRIENT BLEND: ASCORBIC ACID (VITAMIN C), VITAMIN E ACETATE, VITAMIN A PALMITATE, ZINC OXIDE, CALCIUM SULFATE, REDUCED IRON, NIACIN, VITAMIN D-3, CALCIUM PANTOTHENATE, PYRIDOXINE HYDROCHLORIDE, FOLIC ACID, RIBOFLAVIN, THIAMIN MONONITRATE, BIOTIN, VITAMIN B-12. CONTAINS: MILK, WHEAT, EGGS, SOYBEANS

Manufactured by Otis Spunkmeyer Inc., San Leandro, CA 94577
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 For more information on this product contact 1-888-ASK-OTIS
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