

Posh Bakery
Nutrition Label
Muffin, Posh, Apple Cinnamon 2oz

<p>Nutrition Facts</p> <p>1 serving per container</p> <p>Serving size 57 g (2 oz)</p> <hr/> <p>Calories 130 per serving</p>	<p>Amount per serving</p> <hr/> <p>Total Fat 6g</p> <hr/> <p>Saturated Fat 1g</p> <hr/> <p><i>Trans</i> Fat 0g</p> <hr/> <p>Cholesterol 25mg</p> <hr/> <p>Sodium 125mg</p> <hr/> <p>Vitamin D 0mcg 0% • Calcium 10mg 0% • Iron 0.6mg 4% Potassium 20mg 0% • Vitamin A 0mcg 0%</p>	<p>% Daily Value *</p> <hr/> <p>8%</p> <hr/> <p>6%</p> <hr/> <p>8%</p> <hr/> <p>5%</p> <hr/>	<p>Amount per serving</p> <hr/> <p>Total Carbohydrate 17g</p> <hr/> <p>Dietary Fiber 0g</p> <hr/> <p>Total Sugars 10g</p> <hr/> <p>Includes 8g Added Sugars 16%</p> <hr/> <p>Protein 2g</p> <hr/>	<p>% Daily Value *</p> <hr/> <p>6%</p> <hr/> <p>0%</p> <hr/> <p>16%</p> <hr/>	<p>* 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.</p>
	<p>INGREDIENTS: CAKE MIX (SUGAR, BLEACHED ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), FOOD STARCH- MODIFIED, SOYBEAN OIL, DAIRY PRODUCT SOLIDS (MILK). CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), EMULSIFIER (PROPYLENE GLYCOL ESTERS OF FATTY ACIDS, DISTILLED MONOGLYCERIDES, SODIUM STEAROYL LACTYLATE, TRICALCIUM PHOSPHATE), ARTIFICIAL FLAVOR, SALT, VITAL WHEAT GLUTEN, DRIED EGG WHITES, SOY FLOUR), APPLE FILLING ([PREPARED WITH SODIUM SULFITE AND CALCIUM CHLORIDE], HIGH FRUCTOSE CORN SYRUP, WATER, SUGAR, MODIFIED CORN STARCH, CONTAINS 2% OR LESS OF THE FOLLOWING: LEMON JUICE, APPLE JUICE CONCENTRATE, CINNAMON, POTASSIUM SORBATE [PRESERVATIVE], SALT, CITRIC ACID , NUTMEG), EGGS, SOYBEAN OIL, WATER, ENRICHED UNBLEACHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SPICES, POTASSIUM SORBATE</p> <p>CONTAINS: EGGS, MILK, SOY, WHEAT</p>				

Posh Bakery
Nutrition Label
Muffin, Posh, Apple Cinnamon 3.5oz

Nutrition Facts	Amount per serving	% Daily Value *	Amount per serving	% Daily Value *	* 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.
	Total Fat 9g	12%	Total Carbohydrate 25g	9%	
1 serving per container	Saturated Fat 1.5g	8%	Dietary Fiber 0g	0%	
Serving size 99 g (3.5 oz)	<i>Trans</i> Fat 0g		Total Sugars 14g		
Calories 190 per serving	Cholesterol 35mg	12%	Includes 11g Added Sugar: 23%		
	Sodium 180mg	8%	Protein 2g		
	Vitamin D 0mcg 0% • Calcium 10mg 0% • Iron 0.8mg 4% Potassium 30mg 0% • Vitamin A 0mcg 0%				

INGREDIENTS: CAKE MIX (SUGAR, BLEACHED ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), FOOD STARCH- MODIFIED, SOYBEAN OIL, DAIRY PRODUCT SOLIDS (MILK). CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), EMULSIFIER (PROPYLENE GLYCOL ESTERS OF FATTY ACIDS, DISTILLED MONOGLYCERIDES, SODIUM STEAROYL LACTYLATE, TRICALCIUM PHOSPHATE), ARTIFICIAL FLAVOR, SALT, VITAL WHEAT GLUTEN, DRIED EGG WHITES, SOY FLOUR), APPLE FILLING ([PREPARED WITH SODIUM SULFITE AND CALCIUM CHLORIDE], HIGH FRUCTOSE CORN SYRUP, WATER, SUGAR, MODIFIED CORN STARCH, CONTAINS 2% OR LESS OF THE FOLLOWING: LEMON JUICE, APPLE JUICE CONCENTRATE, CINNAMON, POTASSIUM SORBATE [PRESERVATIVE], SALT, CITRIC ACID , NUTMEG), EGGS, SOYBEAN OIL, WATER, ENRICHED UNBLEACHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SPICES, POTASSIUM SORBATE

CONTAINS: EGGS, MILK, SOY, WHEAT

Posh Bakery
Nutrition Label
Muffin, Posh, Apple Cinnamon 6.5oz

<p>Nutrition Facts</p> <p>1 serving per container</p> <p>Serving size 184 g (6.5 oz)</p> <hr/> <p>Calories 370 per serving</p>	Amount per serving	% Daily Value *	Amount per serving	% Daily Value *	<p>* 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.</p>
	Total Fat 18g	23%	Total Carbohydrate 48g	18%	
	Saturated Fat 3.5g	16%	Dietary Fiber 0g	0%	
	<i>Trans</i> Fat 0g		Total Sugars 27g		
Cholesterol 70mg	24%	Includes 23g Added Sugar: 45%			
Sodium 350mg	15%	Protein 5g			
Vitamin D 0mcg 0% • Calcium 20mg 2% • Iron 1.6mg 10%		Potassium 50mg 2% • Vitamin A 0mcg 0%			

INGREDIENTS: CAKE MIX (SUGAR, BLEACHED ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), FOOD STARCH- MODIFIED, SOYBEAN OIL, DAIRY PRODUCT SOLIDS (MILK). CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), EMULSIFIER (PROPYLENE GLYCOL ESTERS OF FATTY ACIDS, DISTILLED MONOGLYCERIDES, SODIUM STEAROYL LACTYLATE, TRICALCIUM PHOSPHATE), ARTIFICIAL FLAVOR, SALT, VITAL WHEAT GLUTEN, DRIED EGG WHITES, SOY FLOUR), APPLE FILLING ([PREPARED WITH SODIUM SULFITE AND CALCIUM CHLORIDE], HIGH FRUCTOSE CORN SYRUP, WATER, SUGAR, MODIFIED CORN STARCH, CONTAINS 2% OR LESS OF THE FOLLOWING: LEMON JUICE, APPLE JUICE CONCENTRATE, CINNAMON, POTASSIUM SORBATE [PRESERVATIVE], SALT, CITRIC ACID , NUTMEG), EGGS, SOYBEAN OIL, WATER, ENRICHED UNBLEACHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SPICES, POTASSIUM SORBATE

CONTAINS: EGGS, MILK, SOY, WHEAT

Posh Bakery
Nutrition Label
Muffin, Posh, Banana Nut 6.5oz

Nutrition Facts 1 serving per container Serving size 184 g (6.5 oz) Calories 880 per serving	Amount per serving	% Daily Value *	Amount per serving	% Daily Value *	* 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.
	Total Fat 50g	65%	Total Carbohydrate 96g	35%	
	Saturated Fat 8g	39%	Dietary Fiber 2g	7%	
	<i>Trans</i> Fat 0g		Total Sugars 50g		
Cholesterol 150mg	50%	Includes 47g Added Sugar: 95%			
Sodium 720mg	31%	Protein 13g			
Vitamin D 0mcg 0% • Calcium 60mg 4% • Iron 4mg 20%		Potassium 270mg 6% • Vitamin A 0mcg 0%			

INGREDIENTS: CAKE MIX (SUGAR, BLEACHED ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), FOOD STARCH- MODIFIED, SOYBEAN OIL, DAIRY PRODUCT SOLIDS (MILK). CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), EMULSIFIER (PROPYLENE GLYCOL ESTERS OF FATTY ACIDS, DISTILLED MONOGLYCERIDES, SODIUM STEAROYL LACTYLATE, TRICALCIUM PHOSPHATE), ARTIFICIAL FLAVOR, SALT, VITAL WHEAT GLUTEN, DRIED EGG WHITES, SOY FLOUR), EGGS, SOYBEAN OIL, BANANAS, WALNUTS, ENRICHED UNBLEACHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), FLAVOR (NATURAL FLAVOR, ETHYL ALCOHOL, WATER), POTASSIUM SORBATE

CONTAINS: EGGS, MILK, NUTS (WALNUTS), SOY, WHEAT

Posh Bakery Nutrition Label Muffin, Posh, Banana Nut 2 Oz

<p>Nutrition Facts</p> <p>1 serving per container</p> <p>Serving size 57 g (2 oz)</p> <hr/> <p>Calories 340 per serving</p>	Amount per serving	% Daily Value *	Amount per serving	% Daily Value *	<p>* 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.</p>
	Total Fat 19g	25%	Total Carbohydrate 37g	14%	
	Saturated Fat 3g	15%	Dietary Fiber 1g	2%	
	<i>Trans</i> Fat 0g		Total Sugars 20g		
	Cholesterol 60mg	19%	Includes 18g Added Sugar:	37%	
Sodium 280mg	12%	Protein 5g			
<p>Vitamin D 0mcg 0% • Calcium 20mg 2% • Iron 1.5mg 8% Potassium 100mg 2% • Vitamin A 0mcg 0%</p>					

INGREDIENTS: CAKE MIX (SUGAR, BLEACHED ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), FOOD STARCH- MODIFIED, SOYBEAN OIL, DAIRY PRODUCT SOLIDS (MILK). CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), EMULSIFIER (PROPYLENE GLYCOL ESTERS OF FATTY ACIDS, DISTILLED MONOGLYCERIDES, SODIUM STEAROYL LACTYLATE, TRICALCIUM PHOSPHATE), ARTIFICIAL FLAVOR, SALT, VITAL WHEAT GLUTEN, DRIED EGG WHITES, SOY FLOUR), EGGS, SOYBEAN OIL, BANANAS, WALNUTS, ENRICHED UNBLEACHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), FLAVOR (NATURAL FLAVOR, ETHYL ALCOHOL, WATER), POTASSIUM SORBATE

CONTAINS: EGGS, MILK, NUTS (WALNUTS), SOY, WHEAT

Posh Bakery
Nutrition Label
Muffin, Posh, Banana Nut 3.5oz

<p>Nutrition Facts</p> <p>1 serving per container</p> <p>Serving size 99 g (3.5 oz)</p> <hr/> <p>Calories 540 per serving</p>	Amount per serving	% Daily Value *	Amount per serving	% Daily Value *	<p>* 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.</p>
	Total Fat 31g	40%	Total Carbohydrate 59g	21%	
	Saturated Fat 5g	24%	Dietary Fiber 1g	4%	
	<i>Trans</i> Fat 0g		Total Sugars 31g		
	Cholesterol 90mg	30%	Includes 29g Added Sugar:	58%	
Sodium 440mg	19%	Protein 8g			
Vitamin D 0mcg 0% • Calcium 40mg 2% • Iron 2.4mg 15%		Potassium 170mg 4% • Vitamin A 0mcg 0%			

INGREDIENTS: CAKE MIX (SUGAR, BLEACHED ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), FOOD STARCH- MODIFIED, SOYBEAN OIL, DAIRY PRODUCT SOLIDS (MILK). CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), EMULSIFIER (PROPYLENE GLYCOL ESTERS OF FATTY ACIDS, DISTILLED MONOGLYCERIDES, SODIUM STEAROYL LACTYLATE, TRICALCIUM PHOSPHATE), ARTIFICIAL FLAVOR, SALT, VITAL WHEAT GLUTEN, DRIED EGG WHITES, SOY FLOUR), EGGS, SOYBEAN OIL, BANANAS, WALNUTS, ENRICHED UNBLEACHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), FLAVOR (NATURAL FLAVOR, ETHYL ALCOHOL, WATER), POTASSIUM SORBATE

CONTAINS: EGGS, MILK, NUTS (WALNUTS), SOY, WHEAT

Posh Bakery Nutrition Label

Muffin, Posh, Blueberry 2 Oz

<h3 style="margin: 0;">Nutrition Facts</h3> <p style="margin: 0;">1 serving per container</p> <p style="margin: 0;">Serving size 57 g (2 oz)</p> <hr/> <p style="margin: 0;">Calories 120 per serving</p>	Amount per serving	% Daily Value *	Amount per serving	% Daily Value *	<p>* 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.</p>
	Total Fat 6g	8%	Total Carbohydrate 15g	6%	
	Saturated Fat 1g	5%	Dietary Fiber 0g	0%	
	<i>Trans</i> Fat 0g		Total Sugars 8g		
	Cholesterol 25mg	8%	Includes 8g Added Sugars	15%	
	Sodium 115mg	5%	Protein 2g		
	Vitamin D 0mcg 0% • Calcium 10mg 0% • Iron 0.6mg 4% Potassium 20mg 0% • Vitamin A 0mcg 0%				

INGREDIENTS: CAKE MIX (SUGAR, BLEACHED ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), FOOD STARCH- MODIFIED, SOYBEAN OIL, DAIRY PRODUCT SOLIDS (MILK). CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), EMULSIFIER (PROPYLENE GLYCOL ESTERS OF FATTY ACIDS, DISTILLED MONOGLYCERIDES, SODIUM STEAROYL LACTYLATE, TRICALCIUM PHOSPHATE), ARTIFICIAL FLAVOR, SALT, VITAL WHEAT GLUTEN, DRIED EGG WHITES, SOY FLOUR), BLUEBERRIES, EGGS, SOYBEAN OIL, WATER, ENRICHED UNBLEACHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), POTASSIUM SORBATE

CONTAINS: EGGS, MILK, SOY, WHEAT

Posh Bakery
Nutrition Label
Muffin, Posh, Blueberry 3.5oz

Nutrition Facts	Amount per serving	% Daily Value *	Amount per serving	% Daily Value *	* 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.
	Total Fat 9g	12%	Total Carbohydrate 23g	8%	
1 serving per container	Saturated Fat 1.5g	8%	Dietary Fiber 0g	0%	
Serving size 99 g (3.5 oz)	<i>Trans</i> Fat 0g		Total Sugars 13g		
Calories 180 per serving	Cholesterol 35mg	12%	Includes 11g Added Sugar: 23%		
	Sodium 180mg	8%	Protein 2g		
	Vitamin D 0mcg 0% • Calcium 10mg 0% • Iron 0.8mg 4% Potassium 30mg 0% • Vitamin A 0mcg 0%				

INGREDIENTS: CAKE MIX (SUGAR, BLEACHED ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), FOOD STARCH- MODIFIED, SOYBEAN OIL, DAIRY PRODUCT SOLIDS (MILK). CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), EMULSIFIER (PROPYLENE GLYCOL ESTERS OF FATTY ACIDS, DISTILLED MONOGLYCERIDES, SODIUM STEAROYL LACTYLATE, TRICALCIUM PHOSPHATE), ARTIFICIAL FLAVOR, SALT, VITAL WHEAT GLUTEN, DRIED EGG WHITES, SOY FLOUR), BLUEBERRIES, EGGS, SOYBEAN OIL, WATER, ENRICHED UNBLEACHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), POTASSIUM SORBATE

CONTAINS: EGGS, MILK, SOY, WHEAT

Posh Bakery
Nutrition Label
Muffin, Posh, Blueberry 6.5oz

<p>Nutrition Facts</p> <p>1 serving per container</p> <p>Serving size 184 g (6.5 oz)</p> <hr/> <p>Calories 350 per serving</p>	Amount per serving	% Daily Value *	Amount per serving	% Daily Value *	<p>* 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.</p>
	Total Fat 18g	23%	Total Carbohydrate 44g	16%	
	Saturated Fat 3g	16%	Dietary Fiber 1g	2%	
	<i>Trans</i> Fat 0g		Total Sugars 24g		
Cholesterol 70mg	23%	Includes 22g Added Sugar: 44%			
Sodium 330mg	15%	Protein 5g			
<p style="font-size: x-small;">Vitamin D 0mcg 0% • Calcium 20mg 2% • Iron 1.6mg 8% Potassium 60mg 2% • Vitamin A 0mcg 0%</p>					

INGREDIENTS: CAKE MIX (SUGAR, BLEACHED ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), FOOD STARCH- MODIFIED, SOYBEAN OIL, DAIRY PRODUCT SOLIDS (MILK). CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), EMULSIFIER (PROPYLENE GLYCOL ESTERS OF FATTY ACIDS, DISTILLED MONOGLYCERIDES, SODIUM STEAROYL LACTYLATE, TRICALCIUM PHOSPHATE), ARTIFICIAL FLAVOR, SALT, VITAL WHEAT GLUTEN, DRIED EGG WHITES, SOY FLOUR), BLUEBERRIES, EGGS, SOYBEAN OIL, WATER, ENRICHED UNBLEACHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), POTASSIUM SORBATE

CONTAINS: EGGS, MILK, SOY, WHEAT

Posh Bakery
Nutrition Label
Muffin, Posh, Blueberry Bran 2oz

<p>Nutrition Facts</p> <p>1 serving per container</p> <p>Serving size 57 g (2 oz)</p> <hr/> <p>Calories 210 per serving</p>	<p>Amount per serving</p> <hr/> <p>Total Fat 9g</p> <hr/> <p>Saturated Fat 1.5g</p> <hr/> <p><i>Trans</i> Fat 0g</p> <hr/> <p>Cholesterol 30mg</p> <hr/> <p>Sodium 420mg</p> <hr/> <p>Vitamin D 0mcg 0% • Calcium 50mg 4% • Iron 1.4mg 8% Potassium 180mg 4% • Vitamin A 10mcg 0%</p>	<p>% Daily Value *</p> <hr/> <p>11%</p> <hr/> <p>8%</p> <hr/> <p>0%</p> <hr/> <p>10%</p> <hr/> <p>18%</p> <hr/> <p>0%</p>	<p>Amount per serving</p> <hr/> <p>Total Carbohydrate 33g</p> <hr/> <p>Dietary Fiber 4g</p> <hr/> <p>Total Sugars 20g</p> <hr/> <p>Includes 4g Added Sugars</p> <hr/> <p>Protein 5g</p> <hr/>	<p>% Daily Value *</p> <hr/> <p>12%</p> <hr/> <p>14%</p> <hr/> <p>8%</p> <hr/>	<p>* 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.</p>

INGREDIENTS: SUGAR, WHEAT BRAN, WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN AND FOLIC ACID), MILK POWDER, BUTTERMILK POWDER, SODIUM BICARBONATE AND SALT, WATER, EGGS, SOYBEAN OIL, BLUEBERRIES, HONEY, POTASSIUM SORBATE

CONTAINS: EGGS, MILK, SOY, WHEAT

Posh Bakery
Nutrition Label
Muffin, Posh, Blueberry Bran 3.5oz

<p>Nutrition Facts</p> <p>1 serving per container</p> <p>Serving size 99 g (3.5 oz)</p> <hr/> <p>Calories 310 per serving</p>	<p>Amount per serving</p> <hr/> <p>Total Fat 13g</p> <hr/> <p>Saturated Fat 2.5g</p> <hr/> <p><i>Trans</i> Fat 0g</p> <hr/> <p>Cholesterol 45mg</p> <hr/> <p>Sodium 620mg</p> <hr/> <p>Vitamin D 0mcg 0% • Calcium 80mg 6% • Iron 2.1mg 10% Potassium 270mg 6% • Vitamin A 10mcg 2%</p>	<p>% Daily Value *</p> <hr/> <p>16%</p> <hr/> <p>12%</p> <hr/> <p></p> <hr/> <p>15%</p> <hr/> <p>27%</p> <hr/> <p></p>	<p>Amount per serving</p> <hr/> <p>Total Carbohydrate 49g</p> <hr/> <p>Dietary Fiber 6g</p> <hr/> <p>Total Sugars 30g</p> <hr/> <p>Includes 6g Added Sugars</p> <hr/> <p>Protein 7g</p> <hr/>	<p>% Daily Value *</p> <hr/> <p>18%</p> <hr/> <p>22%</p> <hr/> <p></p> <hr/> <p>12%</p> <hr/>	<p>* 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.</p>

INGREDIENTS: SUGAR, WHEAT BRAN, WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN AND FOLIC ACID), MILK POWDER, BUTTERMILK POWDER, SODIUM BICARBONATE AND SALT, WATER, EGGS, SOYBEAN OIL, BLUEBERRIES, HONEY, POTASSIUM SORBATE

CONTAINS: EGGS, MILK, SOY, WHEAT

Posh Bakery
Nutrition Label
Muffin, Posh, Blueberry Bran 6.5oz

<p>Nutrition Facts</p> <p>1 serving per container</p> <p>Serving size 184 g (6.5 oz)</p> <hr/> <p>Calories 590 per serving</p>	<p>Amount per serving</p> <hr/> <p>Total Fat 24g 30%</p> <hr/> <p>Saturated Fat 4.5g 23%</p> <hr/> <p><i>Trans</i> Fat 0g</p> <hr/> <p>Cholesterol 85mg 29%</p> <hr/> <p>Sodium 1160mg 51%</p> <hr/> <p>Vitamin D 0.1mcg 0% • Calcium 140mg 10% • Iron 3.8mg 20% Potassium 500mg 10% • Vitamin A 20mcg 2%</p>	<p>Amount per serving</p> <hr/> <p>Total Carbohydrate 92g 34%</p> <hr/> <p>Dietary Fiber 11g 40%</p> <hr/> <p>Total Sugars 55g</p> <hr/> <p>Includes 11g Added Sugar: 23%</p> <hr/> <p>Protein 13g</p> <hr/>	<p>* 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.</p>
	<p>Vitamin D 0.1mcg 0% • Calcium 140mg 10% • Iron 3.8mg 20% Potassium 500mg 10% • Vitamin A 20mcg 2%</p>		

INGREDIENTS: SUGAR, WHEAT BRAN, WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN AND FOLIC ACID), MILK POWDER, BUTTERMILK POWDER, SODIUM BICARBONATE AND SALT, WATER, EGGS, SOYBEAN OIL, BLUEBERRIES, HONEY, POTASSIUM SORBATE

CONTAINS: EGGS, MILK, SOY, WHEAT

Posh Bakery
Nutrition Label
Muffin, Posh, Bran 2oz

Nutrition Facts

1 serving per container

Serving size
57 g (2 oz)

Calories 230
per serving

Amount per serving	% Daily Value *	Amount per serving	% Daily Value *
Total Fat 9g	12%	Total Carbohydrate 36g	13%
Saturated Fat 2g	9%	Dietary Fiber 4g	15%
<i>Trans</i> Fat 0g		Total Sugars 21g	
Cholesterol 35mg	11%	Includes 5g Added Sugars	9%
Sodium 460mg	20%	Protein 5g	
Vitamin D 0mcg 0% • Calcium 60mg 4% • Iron 1.5mg 8% Potassium 190mg 4% • Vitamin A 10mcg 0%			

* 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: SUGAR, WHEAT BRAN, WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN AND FOLIC ACID), MILK POWDER, BUTTERMILK POWDER, SODIUM BICARBONATE AND SALT, WATER, EGGS, SOYBEAN OIL, HONEY, POTASSIUM SORBATE

CONTAINS: EGGS, MILK, SOY, WHEAT

Posh Bakery
Nutrition Label
Muffin, Posh, Bran 3.5oz

Nutrition Facts

1 serving per container

Serving size
99 g (3.5 oz)

Calories 340
per serving

Amount per serving	% Daily Value *	Amount per serving	% Daily Value *
Total Fat 14g	18%	Total Carbohydrate 53g	19%
Saturated Fat 2.5g	13%	Dietary Fiber 6g	23%
<i>Trans</i> Fat 0g		Total Sugars 32g	
Cholesterol 50mg	17%	Includes 7g Added Sugars	13%
Sodium 690mg	30%	Protein 7g	
Vitamin D 0mcg 0% • Calcium 80mg 6% • Iron 2.2mg 10% Potassium 290mg 6% • Vitamin A 10mcg 2%			

* 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: SUGAR, WHEAT BRAN, WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN AND FOLIC ACID), MILK POWDER, BUTTERMILK POWDER, SODIUM BICARBONATE AND SALT, WATER, EGGS, SOYBEAN OIL, HONEY, POTASSIUM SORBATE

CONTAINS: EGGS, MILK, SOY, WHEAT

Posh Bakery
Nutrition Label
Muffin, Posh, Bran 6.5oz

<p>Nutrition Facts</p> <p>1 serving per container</p> <p>Serving size 184 g (6.5 oz)</p> <hr/> <p>Calories 640 per serving</p>	Amount per serving	% Daily Value *	Amount per serving	% Daily Value *	<p>* 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.</p>
	Total Fat 26g	33%	Total Carbohydrate 99g	36%	
	Saturated Fat 5g	25%	Dietary Fiber 12g	43%	
	<i>Trans</i> Fat 0g		Total Sugars 59g		
Cholesterol 95mg	32%	Includes 13g Added Sugar:	25%		
Sodium 1280mg	56%	Protein 14g			
<p>Vitamin D 0.1mcg 0% • Calcium 160mg 10% • Iron 4.2mg 25% Potassium 530mg 10% • Vitamin A 20mcg 2%</p>					

INGREDIENTS: SUGAR, WHEAT BRAN, WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN AND FOLIC ACID), MILK POWDER, BUTTERMILK POWDER, SODIUM BICARBONATE AND SALT, WATER, EGGS, SOYBEAN OIL, HONEY, POTASSIUM SORBATE

CONTAINS: EGGS, MILK, SOY, WHEAT

Posh Bakery
Nutrition Label
Muffin, Posh, Cranberry Orange 2oz

<p>Nutrition Facts</p> <p>1 serving per container</p> <p>Serving size 57 g (2 oz)</p> <hr/> <p>Calories 240 per serving</p>	<p>Amount per serving</p> <hr/> <p>Total Fat 12g</p> <hr/> <p>Saturated Fat 2g</p> <hr/> <p><i>Trans</i> Fat 0g</p> <hr/> <p>Cholesterol 50mg</p> <hr/> <p>Sodium 230mg</p> <hr/> <p>Vitamin D 0mcg 0% • Calcium 10mg 2% • Iron 1.1mg 6% Potassium 50mg 0% • Vitamin A 0mcg 0%</p>	<p>% Daily Value *</p> <hr/> <p>15%</p> <hr/> <p>11%</p> <hr/> <p>16%</p> <hr/> <p>10%</p> <hr/>	<p>Amount per serving</p> <hr/> <p>Total Carbohydrate 30g</p> <hr/> <p>Dietary Fiber 1g</p> <hr/> <p>Total Sugars 16g</p> <hr/> <p>Includes 15g Added Sugar: 30%</p> <hr/> <p>Protein 3g</p> <hr/>	<p>% Daily Value *</p> <hr/> <p>11%</p> <hr/> <p>2%</p> <hr/> <p>30%</p> <hr/>	<p>* 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.</p>

INGREDIENTS: CAKE MIX (SUGAR, BLEACHED ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), FOOD STARCH- MODIFIED, SOYBEAN OIL, DAIRY PRODUCT SOLIDS (MILK). CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), EMULSIFIER (PROPYLENE GLYCOL ESTERS OF FATTY ACIDS, DISTILLED MONOGLYCERIDES, SODIUM STEAROYL LACTYLATE, TRICALCIUM PHOSPHATE), ARTIFICIAL FLAVOR, SALT, VITAL WHEAT GLUTEN, DRIED EGG WHITES, SOY FLOUR), CRANBERRIES, EGGS, SOYBEAN OIL, WATER, ENRICHED UNBLEACHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), POTASSIUM SORBATE, COLOR (WATER, HIGH FRUCTOSE CORN SYRUP, GLYCERINE, FD&C YELLOW 6 (E110), SUGAR, MODIFIED FOOD STARCH, CARRAGEENAN GUM, POTASSIUM SORBATE, AND SODIUM BENZOATE (AS PRESERVATIVES), XANTHAN GUM, CITRIC ACID)

CONTAINS: EGGS, MILK, SOY, WHEAT

Posh Bakery Nutrition Label

Muffin, Posh, Cranberry Orange 3.5oz

<p>Nutrition Facts</p> <p>1 serving per container</p> <p>Serving size 99 g (3.5 oz)</p> <hr/> <p>Calories 350 per serving</p>	Amount per serving	% Daily Value *	Amount per serving	% Daily Value *	<p>* 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.</p>
	Total Fat 18g	23%	Total Carbohydrate 44g	16%	
	Saturated Fat 3g	16%	Dietary Fiber 1g	3%	
	<i>Trans</i> Fat 0g		Total Sugars 23g		
Cholesterol 70mg	23%	Includes 22g Added Sugar: 44%			
Sodium 340mg	15%	Protein 5g			
Vitamin D 0mcg 0% • Calcium 20mg 2% • Iron 1.6mg 8%					
Potassium 70mg 2% • Vitamin A 0mcg 0%					

INGREDIENTS: CAKE MIX (SUGAR, BLEACHED ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), FOOD STARCH- MODIFIED, SOYBEAN OIL, DAIRY PRODUCT SOLIDS (MILK). CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), EMULSIFIER (PROPYLENE GLYCOL ESTERS OF FATTY ACIDS, DISTILLED MONOGLYCERIDES, SODIUM STEAROYL LACTYLATE, TRICALCIUM PHOSPHATE), ARTIFICIAL FLAVOR, SALT, VITAL WHEAT GLUTEN, DRIED EGG WHITES, SOY FLOUR), CRANBERRIES, EGGS, SOYBEAN OIL, WATER, ENRICHED UNBLEACHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), POTASSIUM SORBATE, COLOR (WATER, HIGH FRUCTOSE CORN SYRUP, GLYCERINE, FD&C YELLOW 6 (E110), SUGAR, MODIFIED FOOD STARCH, CARRAGEENAN GUM, POTASSIUM SORBATE, AND SODIUM BENZOATE (AS PRESERVATIVES), XANTHAN GUM, CITRIC ACID)

CONTAINS: EGGS, MILK, SOY, WHEAT

Posh Bakery
Nutrition Label
Muffin, Posh, Cranberry Orange 6.5oz

<p>Nutrition Facts</p> <p>1 serving per container</p> <p>Serving size 184 g (6.5 oz)</p> <hr/> <p>Calories 660 per serving</p>	Amount per serving	% Daily Value *	Amount per serving	% Daily Value *	<p>* 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.</p>
	Total Fat 33g	43%	Total Carbohydrate 83g	30%	
	Saturated Fat 6g	30%	Dietary Fiber 1g	5%	
	<i>Trans</i> Fat 0g		Total Sugars 43g		
	Cholesterol 130mg	44%	Includes 42g Added Sugar:	84%	
Sodium 640mg	28%	Protein 9g			
Vitamin D 0mcg 0% • Calcium 40mg 4% • Iron 3.1mg 15%		Potassium 120mg 2% • Vitamin A 0mcg 0%			

INGREDIENTS: CAKE MIX (SUGAR, BLEACHED ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), FOOD STARCH- MODIFIED, SOYBEAN OIL, DAIRY PRODUCT SOLIDS (MILK). CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), EMULSIFIER (PROPYLENE GLYCOL ESTERS OF FATTY ACIDS, DISTILLED MONOGLYCERIDES, SODIUM STEAROYL LACTYLATE, TRICALCIUM PHOSPHATE), ARTIFICIAL FLAVOR, SALT, VITAL WHEAT GLUTEN, DRIED EGG WHITES, SOY FLOUR), CRANBERRIES, EGGS, SOYBEAN OIL, WATER, ENRICHED UNBLEACHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), POTASSIUM SORBATE, COLOR (WATER, HIGH FRUCTOSE CORN SYRUP, GLYCERINE, FD&C YELLOW 6 (E110), SUGAR, MODIFIED FOOD STARCH, CARRAGEENAN GUM, POTASSIUM SORBATE, AND SODIUM BENZOATE (AS PRESERVATIVES), XANTHAN GUM, CITRIC ACID)

CONTAINS: EGGS, MILK, SOY, WHEAT

Posh Bakery
Nutrition Label
Muffin, Posh, Double Chocolate 2oz

<p>Nutrition Facts</p> <p>1 serving per container</p> <p>Serving size 57 g (2 oz)</p> <hr/> <p>Calories 250 per serving</p>	<p>Amount per serving</p> <hr/> <p>Total Fat 14g</p> <hr/> <p>Saturated Fat 3g</p> <hr/> <p><i>Trans</i> Fat 0g</p> <hr/> <p>Cholesterol 60mg</p> <hr/> <p>Sodium 270mg</p> <hr/> <p>Vitamin D 0mcg 0% • Calcium 20mg 2% • Iron 1.4mg 8% Potassium 80mg 2% • Vitamin A 0mcg 0%</p>	<p>% Daily Value *</p> <hr/> <p>18%</p> <hr/> <p>15%</p> <hr/> <p>20%</p> <hr/> <p>12%</p> <hr/>	<p>Amount per serving</p> <hr/> <p>Total Carbohydrate 29g</p> <hr/> <p>Dietary Fiber 1g</p> <hr/> <p>Total Sugars 19g</p> <hr/> <p>Includes 16g Added Sugar: 32%</p> <hr/> <p>Protein 3g</p> <hr/>	<p>% Daily Value *</p> <hr/> <p>11%</p> <hr/> <p>4%</p> <hr/> <p>32%</p> <hr/>	<p>* 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.</p>

INGREDIENTS: SUGAR, BLEACHED ENRICHED WHEAT FLOUR (WHEAT FLOUR, ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), COCOA (PROCESSED WITH ALKALI), FOODS STARCH - MODIFIED, VEGETABLE SHORTENING (SOYBEAN OIL, PALM OIL, VEGETABLE MONO-AND DIGLYCERIDES, PROPYLENE GLYCOL ESTERS, SOY LECITHIN, TOCOPHEROLS [VITAMIN E], POLYSORBATE 60, VITAMIN C PALMITATE [AS ANTIOXIDANTS]). CONTAINS 2% OR LESS OF THE FOLLOWING: NONFAT DRY MILK, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE), CORN STARCH, SALT, ARTIFICIAL FLAVOR, XANTHAN GUM, GUAR GUM, LOCUST BEAN GUM, EGG WHITES., EGGS, SOYBEAN OIL, WATER, SEMISWEET CHOCOLATE ([SUGAR, UNSWEETENED CHOCOLATE, COCOA BUTTER], SOYA LECITHIN), POTASSIUM SORBATE

CONTAINS: EGGS, MILK, SOY, WHEAT

Posh Bakery Nutrition Label

Muffin, Posh, Double Chocolate 3.25oz

<p>Nutrition Facts</p> <p>1 serving per container</p> <p>Serving size 99 g (3.5 oz)</p> <hr/> <p>Calories 430 per serving</p>	Amount per serving	% Daily Value *	Amount per serving	% Daily Value *	<p>* 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.</p>
	Total Fat 24g	31%	Total Carbohydrate 50g	18%	
	Saturated Fat 5g	25%	Dietary Fiber 2g	6%	
	<i>Trans</i> Fat 0g		Total Sugars 32g		
Cholesterol 100mg	34%	Includes 28g Added Sugar:	55%		
Sodium 460mg	20%	Protein 6g			
Vitamin D 0mcg 0% • Calcium 40mg 2% • Iron 2.3mg 15%					
Potassium 140mg 4% • Vitamin A 0mcg 0%					

INGREDIENTS: SUGAR, BLEACHED ENRICHED WHEAT FLOUR (WHEAT FLOUR, ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), COCOA (PROCESSED WITH ALKALI), FOODS STARCH - MODIFIED, VEGETABLE SHORTENING (SOYBEAN OIL, PALM OIL, VEGETABLE MONO-AND DIGLYCERIDES, PROPYLENE GLYCOL ESTERS, SOY LECITHIN, TOCOPHEROLS [VITAMIN E], POLYSORBATE 60, VITAMIN C PALMITATE [AS ANTIOXIDANTS]). CONTAINS 2% OR LESS OF THE FOLLOWING: NONFAT DRY MILK, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE), CORN STARCH, SALT, ARTIFICIAL FLAVOR, XANTHAN GUM, GUAR GUM, LOCUST BEAN GUM, EGG WHITES., EGGS, SOYBEAN OIL, WATER, SEMISWEET CHOCOLATE ([SUGAR, UNSWEETENED CHOCOLATE, COCOA BUTTER], SOYA LECITHIN), POTASSIUM SORBATE

CONTAINS: EGGS, MILK, SOY, WHEAT

Posh Bakery Nutrition Label

Muffin, Posh, Double Chocolate 6.5oz

<h3 style="margin: 0;">Nutrition Facts</h3> <p style="margin: 0;">1 serving per container</p> <p style="margin: 0;">Serving size 184 g (6.5 oz)</p> <hr/> <p style="margin: 0;">Calories 750 per serving</p>	Amount per serving	% Daily Value *	Amount per serving	% Daily Value *	<p>* 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.</p>
	Total Fat 42g	54%	Total Carbohydrate 86g	31%	
	Saturated Fat 8g	42%	Dietary Fiber 3g	10%	
	<i>Trans</i> Fat 0g		Total Sugars 55g		
	Cholesterol 185mg	61%	Includes 50g Added Sugar: 100%		
Sodium 830mg	36%	Protein 10g			
Vitamin D 0mcg 0% • Calcium 60mg 4% • Iron 3.8mg 20%		Potassium 260mg 6% • Vitamin A 0mcg 0%			

INGREDIENTS: SUGAR, BLEACHED ENRICHED WHEAT FLOUR (WHEAT FLOUR, ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), COCOA (PROCESSED WITH ALKALI), FOODS STARCH - MODIFIED, VEGETABLE SHORTENING (SOYBEAN OIL, PALM OIL, VEGETABLE MONO-AND DIGLYCERIDES, PROPYLENE GLYCOL ESTERS, SOY LECITHIN, TOCOPHEROLS [VITAMIN E], POLYSORBATE 60, VITAMIN C PALMITATE [AS ANTIOXIDANTS]). CONTAINS 2% OR LESS OF THE FOLLOWING: NONFAT DRY MILK, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE), CORN STARCH, SALT, ARTIFICIAL FLAVOR, XANTHAN GUM, GUAR GUM, LOCUST BEAN GUM, EGG WHITES., EGGS, SOYBEAN OIL, WATER, SEMISWEET CHOCOLATE ([SUGAR, UNSWEETENED CHOCOLATE, COCOA BUTTER], SOYA LECITHIN), POTASSIUM SORBATE

CONTAINS: EGGS, MILK, SOY, WHEAT

Posh Bakery
Nutrition Label
Muffin, Posh, Lemon 2.0 Oz

<p>Nutrition Facts</p> <p>1 serving per container</p> <p>Serving size 57 g (2 oz)</p> <hr/> <p>Calories 260 per serving</p>	<p>Amount per serving</p> <hr/> <p>Total Fat 14g</p> <hr/> <p>Saturated Fat 2.5g</p> <hr/> <p><i>Trans</i> Fat 0g</p> <hr/> <p>Cholesterol 55mg</p> <hr/> <p>Sodium 260mg</p> <hr/> <p>Vitamin D 0mcg 0% • Calcium 20mg 2% • Iron 1.2mg 6% Potassium 40mg 0% • Vitamin A 0mcg 0%</p>	<p>% Daily Value *</p> <hr/> <p>18%</p> <hr/> <p>12%</p> <hr/> <p></p> <hr/> <p>18%</p> <hr/> <p>11%</p> <hr/> <p></p>	<p>Amount per serving</p> <hr/> <p>Total Carbohydrate 32g</p> <hr/> <p>Dietary Fiber 0g</p> <hr/> <p>Total Sugars 17g</p> <hr/> <p>Includes 17g Added Sugar: 34%</p> <hr/> <p>Protein 3g</p> <hr/>	<p>% Daily Value *</p> <hr/> <p>12%</p> <hr/> <p>0%</p> <hr/> <p></p> <hr/> <p>34%</p> <hr/> <p></p>	<p>* 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.</p>
	<p>INGREDIENTS: CAKE MIX (SUGAR, BLEACHED ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), FOOD STARCH- MODIFIED, SOYBEAN OIL, DAIRY PRODUCT SOLIDS (MILK). CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), EMULSIFIER (PROPYLENE GLYCOL ESTERS OF FATTY ACIDS, DISTILLED MONOGLYCERIDES, SODIUM STEAROYL LACTYLATE, TRICALCIUM PHOSPHATE), ARTIFICIAL FLAVOR, SALT, VITAL WHEAT GLUTEN, DRIED EGG WHITES, SOY FLOUR), EGGS, SOYBEAN OIL, WATER, ENRICHED UNBLEACHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), LEMON EXTRACT (ALCOHOL, LEMON OIL, WATER), POTASSIUM SORBATE</p> <p>CONTAINS: EGGS, MILK, SOY, WHEAT</p>				

Posh Bakery Nutrition Label

Muffin, Posh, Lemon 3.5 Oz

<h3 style="margin: 0;">Nutrition Facts</h3> <p style="margin: 0;">1 serving per container</p> <p style="margin: 0;">Serving size 99 g (3.5 oz)</p> <hr/> <p style="margin: 0;">Calories 390 per serving</p>	Amount per serving	% Daily Value *	Amount per serving	% Daily Value *	<p>* 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.</p>
	Total Fat 20g	26%	Total Carbohydrate 48g	17%	
	Saturated Fat 3.5g	18%	Dietary Fiber 0g	0%	
	<i>Trans</i> Fat 0g		Total Sugars 26g		
Cholesterol 80mg	27%	Includes 26g Added Sugar:	51%		
Sodium 390mg	17%	Protein 5g			
Vitamin D 0mcg 0% • Calcium 20mg 2% • Iron 1.8mg 10%					
Potassium 60mg 2% • Vitamin A 0mcg 0%					

INGREDIENTS: CAKE MIX (SUGAR, BLEACHED ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), FOOD STARCH- MODIFIED, SOYBEAN OIL, DAIRY PRODUCT SOLIDS (MILK). CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), EMULSIFIER (PROPYLENE GLYCOL ESTERS OF FATTY ACIDS, DISTILLED MONOGLYCERIDES, SODIUM STEAROYL LACTYLATE, TRICALCIUM PHOSPHATE), ARTIFICIAL FLAVOR, SALT, VITAL WHEAT GLUTEN, DRIED EGG WHITES, SOY FLOUR), EGGS, SOYBEAN OIL, WATER, ENRICHED UNBLEACHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), LEMON EXTRACT (ALCOHOL, LEMON OIL, WATER), POTASSIUM SORBATE

CONTAINS: EGGS, MILK, SOY, WHEAT

Posh Bakery
Nutrition Label
Muffin, Posh, Lemon 6.5 Oz

<p>Nutrition Facts</p> <p>1 serving per container</p> <p>Serving size 184 g (6.5 oz)</p> <hr/> <p>Calories 790 per serving</p>	Amount per serving	% Daily Value *	Amount per serving	% Daily Value *	<p>* 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.</p>
	Total Fat 41g	52%	Total Carbohydrate 96g	35%	
	Saturated Fat 7g	37%	Dietary Fiber 0g	0%	
	<i>Trans</i> Fat 0g		Total Sugars 51g		
Cholesterol 160mg	54%	Includes 51g Added Sugar: 102%			
Sodium 780mg	34%	Protein 10g			
<p>Vitamin D 0mcg 0% • Calcium 50mg 4% • Iron 3.6mg 20% Potassium 120mg 2% • Vitamin A 0mcg 0%</p>					

INGREDIENTS: CAKE MIX (SUGAR, BLEACHED ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), FOOD STARCH- MODIFIED, SOYBEAN OIL, DAIRY PRODUCT SOLIDS (MILK). CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), EMULSIFIER (PROPYLENE GLYCOL ESTERS OF FATTY ACIDS, DISTILLED MONOGLYCERIDES, SODIUM STEAROYL LACTYLATE, TRICALCIUM PHOSPHATE), ARTIFICIAL FLAVOR, SALT, VITAL WHEAT GLUTEN, DRIED EGG WHITES, SOY FLOUR), EGGS, SOYBEAN OIL, WATER, ENRICHED UNBLEACHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), LEMON EXTRACT (ALCOHOL, LEMON OIL, WATER), POTASSIUM SORBATE

CONTAINS: EGGS, MILK, SOY, WHEAT

Posh Bakery Nutrition Label

Muffin, Posh, Poppy Seed With Almonds 2 Oz

<h3 style="margin: 0;">Nutrition Facts</h3> <p style="margin: 0;">1 serving per container</p> <p style="margin: 0;">Serving size 57 g (2 oz)</p> <hr/> <p style="margin: 0;">Calories 300 per serving</p>	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="border-bottom: 1px solid black;">Amount per serving</th> <th style="border-bottom: 1px solid black;">% Daily Value *</th> </tr> </thead> <tbody> <tr> <td>Total Fat 17g</td> <td style="text-align: right;">22%</td> </tr> <tr> <td style="padding-left: 20px;">Saturated Fat 2.5g</td> <td style="text-align: right;">14%</td> </tr> <tr> <td style="padding-left: 20px;"><i>Trans</i> Fat 0g</td> <td></td> </tr> <tr> <td>Cholesterol 55mg</td> <td style="text-align: right;">18%</td> </tr> <tr> <td>Sodium 260mg</td> <td style="text-align: right;">11%</td> </tr> <tr> <td colspan="2" style="font-size: small;">Vitamin D 0mcg 0% • Calcium 70mg 6% • Iron 1.6mg 10% Potassium 90mg 2% • Vitamin A 0mcg 0%</td> </tr> </tbody> </table>	Amount per serving	% Daily Value *	Total Fat 17g	22%	Saturated Fat 2.5g	14%	<i>Trans</i> Fat 0g		Cholesterol 55mg	18%	Sodium 260mg	11%	Vitamin D 0mcg 0% • Calcium 70mg 6% • Iron 1.6mg 10% Potassium 90mg 2% • Vitamin A 0mcg 0%		<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="border-bottom: 1px solid black;">Amount per serving</th> <th style="border-bottom: 1px solid black;">% Daily Value *</th> </tr> </thead> <tbody> <tr> <td>Total Carbohydrate 33g</td> <td style="text-align: right;">12%</td> </tr> <tr> <td style="padding-left: 20px;">Dietary Fiber 1g</td> <td style="text-align: right;">4%</td> </tr> <tr> <td style="padding-left: 20px;">Total Sugars 17g</td> <td></td> </tr> <tr> <td style="padding-left: 40px;">Includes 17g Added Sugar:</td> <td style="text-align: right;">33%</td> </tr> <tr> <td>Protein 5g</td> <td></td> </tr> </tbody> </table>	Amount per serving	% Daily Value *	Total Carbohydrate 33g	12%	Dietary Fiber 1g	4%	Total Sugars 17g		Includes 17g Added Sugar:	33%	Protein 5g		<p>* 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.</p>
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Posh Bakery Nutrition Label

Muffin, Posh, Poppy Seed With Almonds 3.5oz

<h3 style="margin: 0;">Nutrition Facts</h3> <p style="margin: 0;">1 serving per container</p> <p style="margin: 0;">Serving size 99 g (3.5 oz)</p> <hr/> <p style="margin: 0;">Calories 470 per serving</p>	Amount per serving	% Daily Value *	Amount per serving	% Daily Value *	<p>* 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.</p>
	Total Fat 26g	34%	Total Carbohydrate 53g	19%	
	Saturated Fat 4.5g	22%	Dietary Fiber 2g	6%	
	<i>Trans</i> Fat 0g		Total Sugars 27g		
Cholesterol 85mg	28%	Includes 27g Added Sugar:	54%		
Sodium 410mg	18%	Protein 7g			
Vitamin D 0mcg 0% • Calcium 100mg 8% • Iron 2.6mg 15%					
Potassium 140mg 2% • Vitamin A 0mcg 0%					

INGREDIENTS: CAKE MIX (SUGAR, BLEACHED ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), FOOD STARCH- MODIFIED, SOYBEAN OIL, DAIRY PRODUCT SOLIDS (MILK). CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), EMULSIFIER (PROPYLENE GLYCOL ESTERS OF FATTY ACIDS, DISTILLED MONOGLYCERIDES, SODIUM STEAROYL LACTYLATE, TRICALCIUM PHOSPHATE), ARTIFICIAL FLAVOR, SALT, VITAL WHEAT GLUTEN, DRIED EGG WHITES, SOY FLOUR), EGGS, SOYBEAN OIL, WATER, ENRICHED UNBLEACHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SPICES, NATURAL ALMOND EMULSION, POTASSIUM SORBATE, NATURAL ALMONDS

CONTAINS: ALMONDS, EGGS, MILK, SOY, WHEAT

Posh Bakery Nutrition Label

Muffin, Posh, Poppy Seed With Almonds 6.5oz

<p>Nutrition Facts</p> <p>1 serving per container</p> <p>Serving size 184 g (6.5 oz)</p> <hr/> <p>Calories 860 per serving</p>	Amount per serving	% Daily Value *	Amount per serving	% Daily Value *	<p>* 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.</p>
	Total Fat 47g	61%	Total Carbohydrate 98g	36%	
	Saturated Fat 8g	40%	Dietary Fiber 3g	10%	
	<i>Trans</i> Fat 0g		Total Sugars 51g		
Cholesterol 160mg	53%	Includes 50g Added Sugar: 100%			
Sodium 770mg	33%	Protein 13g			
<p>Vitamin D 0mcg 0% • Calcium 180mg 15% • Iron 4.6mg 25% Potassium 230mg 4% • Vitamin A 0mcg 0%</p>					

INGREDIENTS: CAKE MIX (SUGAR, BLEACHED ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), FOOD STARCH- MODIFIED, SOYBEAN OIL, DAIRY PRODUCT SOLIDS (MILK). CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), EMULSIFIER (PROPYLENE GLYCOL ESTERS OF FATTY ACIDS, DISTILLED MONOGLYCERIDES, SODIUM STEAROYL LACTYLATE, TRICALCIUM PHOSPHATE), ARTIFICIAL FLAVOR, SALT, VITAL WHEAT GLUTEN, DRIED EGG WHITES, SOY FLOUR), EGGS, SOYBEAN OIL, WATER, ENRICHED UNBLEACHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SPICES, NATURAL ALMOND EMULSION, POTASSIUM SORBATE, NATURAL ALMONDS

CONTAINS: ALMONDS, EGGS, MILK, SOY, WHEAT

Posh Bakery Nutrition Label Muffin, Posh, Pumpkin 2.0 Oz

<p>Nutrition Facts</p> <p>1 serving per container</p> <p>Serving size 57 g (2 oz)</p> <hr/> <p>Calories 270 per serving</p>	Amount per serving	% Daily Value *	Amount per serving	% Daily Value *	<p>* 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.</p>
	Total Fat 13g	17%	Total Carbohydrate 34g	12%	
	Saturated Fat 2.5g	12%	Dietary Fiber 1g	2%	
	<i>Trans</i> Fat 0g		Total Sugars 18g		
	Cholesterol 50mg	16%	Includes 18g Added Sugar:	36%	
Sodium 250mg	11%	Protein 3g			
Vitamin D 0mcg 0% • Calcium 20mg 2% • Iron 1.3mg 8%		Potassium 40mg 0% • Vitamin A 1350mcg 150%			

INGREDIENTS: CAKE MIX (SUGAR, BLEACHED ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), FOOD STARCH- MODIFIED, SOYBEAN OIL, DAIRY PRODUCT SOLIDS (MILK). CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), EMULSIFIER (PROPYLENE GLYCOL ESTERS OF FATTY ACIDS, DISTILLED MONOGLYCERIDES, SODIUM STEAROYL LACTYLATE, TRICALCIUM PHOSPHATE), ARTIFICIAL FLAVOR, SALT, VITAL WHEAT GLUTEN, DRIED EGG WHITES, SOY FLOUR), EGGS, SOYBEAN OIL, NATURAL PUMPKIN, ENRICHED UNBLEACHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), BROWN SUGAR, PUMPKIN PIE SPICE, SPICES, POTASSIUM SORBATE

CONTAINS: EGGS, MILK, SOY, WHEAT

Posh Bakery Nutrition Label

Muffin, Posh, Pumpkin 3.5 Oz

<h3 style="margin: 0;">Nutrition Facts</h3> <p style="margin: 0;">1 serving per container</p> <p style="margin: 0;">Serving size 99 g (3.5 oz)</p> <hr/> <p style="margin: 0;">Calories 390 per serving</p>	<p style="margin: 0; font-size: small;">Amount per serving % Daily Value *</p>	<p style="margin: 0; font-size: small;">Amount per serving % Daily Value *</p>	<p>* 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.</p>
	<p>Total Fat 19g 25%</p> <p style="padding-left: 20px;">Saturated Fat 3.5g 17%</p> <p style="padding-left: 20px;"><i>Trans</i> Fat 0g</p> <p>Cholesterol 70mg 24%</p> <p>Sodium 360mg 16%</p> <p style="font-size: x-small;">Vitamin D 0mcg 0% • Calcium 30mg 2% • Iron 2mg 10% Potassium 60mg 2% • Vitamin A 1950mcg 220%</p>	<p>Total Carbohydrate 50g 18%</p> <p style="padding-left: 20px;">Dietary Fiber 1g 3%</p> <p style="padding-left: 20px;">Total Sugars 27g</p> <p style="padding-left: 40px;">Includes 27g Added Sugar: 53%</p> <p>Protein 5g</p>	

INGREDIENTS: CAKE MIX (SUGAR, BLEACHED ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), FOOD STARCH- MODIFIED, SOYBEAN OIL, DAIRY PRODUCT SOLIDS (MILK). CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), EMULSIFIER (PROPYLENE GLYCOL ESTERS OF FATTY ACIDS, DISTILLED MONOGLYCERIDES, SODIUM STEAROYL LACTYLATE, TRICALCIUM PHOSPHATE), ARTIFICIAL FLAVOR, SALT, VITAL WHEAT GLUTEN, DRIED EGG WHITES, SOY FLOUR), EGGS, SOYBEAN OIL, NATURAL PUMPKIN, ENRICHED UNBLEACHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), BROWN SUGAR, PUMPKIN PIE SPICE, SPICES, POTASSIUM SORBATE

CONTAINS: EGGS, MILK, SOY, WHEAT

Posh Bakery Nutrition Label Muffin, Posh, Pumpkin 6.5 Oz

<h2 style="margin: 0;">Nutrition Facts</h2> <p style="margin: 0;">1 serving per container</p> <p style="margin: 0;">Serving size 184 g (6.5 oz)</p> <hr/> <p style="margin: 0;">Calories 780 per serving</p>	Amount per serving	% Daily Value *	Amount per serving	% Daily Value *	<p>* 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.</p>
	Total Fat 39g	50%	Total Carbohydrate 98g	36%	
	Saturated Fat 7g	35%	Dietary Fiber 2g	6%	
	<i>Trans</i> Fat 0g		Total Sugars 53g		
	Cholesterol 145mg	49%	Includes 52g Added Sugar: 103%		
	Sodium 740mg	32%	Protein 10g		
	Vitamin D 0mcg 0% • Calcium 70mg 6% • Iron 4mg 20% Potassium 130mg 2% • Vitamin A 3960mcg 440%				

INGREDIENTS: CAKE MIX (SUGAR, BLEACHED ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), FOOD STARCH- MODIFIED, SOYBEAN OIL, DAIRY PRODUCT SOLIDS (MILK). CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), EMULSIFIER (PROPYLENE GLYCOL ESTERS OF FATTY ACIDS, DISTILLED MONOGLYCERIDES, SODIUM STEAROYL LACTYLATE, TRICALCIUM PHOSPHATE), ARTIFICIAL FLAVOR, SALT, VITAL WHEAT GLUTEN, DRIED EGG WHITES, SOY FLOUR), EGGS, SOYBEAN OIL, NATURAL PUMPKIN, ENRICHED UNBLEACHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), BROWN SUGAR, PUMPKIN PIE SPICE, SPICES, POTASSIUM SORBATE

CONTAINS: EGGS, MILK, SOY, WHEAT

Posh Bakery
Nutrition Label
Muffin, Posh, Raisin Bran 2oz

<p>Nutrition Facts</p> <p>1 serving per container</p> <p>Serving size 57 g (2 oz)</p> <hr/> <p>Calories 270 per serving</p>	<p>Amount per serving</p> <hr/> <p>Total Fat 10g</p> <hr/> <p>Saturated Fat 2g</p> <hr/> <p><i>Trans</i> Fat 0g</p> <hr/> <p>Cholesterol 35mg</p> <hr/> <p>Sodium 490mg</p> <hr/> <p>Vitamin D 0mcg 0% • Calcium 60mg 4% • Iron 1.7mg 10% Potassium 260mg 6% • Vitamin A 10mcg 0%</p>	<p>% Daily Value *</p> <hr/> <p>13%</p> <hr/> <p>10%</p> <hr/> <p>12%</p> <hr/> <p>21%</p> <hr/>	<p>Amount per serving</p> <hr/> <p>Total Carbohydrate 44g</p> <hr/> <p>Dietary Fiber 5g</p> <hr/> <p>Total Sugars 27g</p> <hr/> <p>Includes 5g Added Sugars</p> <hr/> <p>Protein 6g</p> <hr/>	<p>% Daily Value *</p> <hr/> <p>16%</p> <hr/> <p>17%</p> <hr/> <p>10%</p> <hr/>	<p>* 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.</p>
	<p>Vitamin D 0mcg 0% • Calcium 60mg 4% • Iron 1.7mg 10% Potassium 260mg 6% • Vitamin A 10mcg 0%</p>				

INGREDIENTS: SUGAR, WHEAT BRAN, WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN AND FOLIC ACID), MILK POWDER, BUTTERMILK POWDER, SODIUM BICARBONATE AND SALT, RAISINS, EGGS, SOYBEAN OIL, HONEY, WATER, POTASSIUM SORBATE

CONTAINS: EGGS, MILK, SOY, WHEAT

Posh Bakery
Nutrition Label
Muffin, Posh, Raisin Bran 3.5oz

<p>Nutrition Facts</p> <p>1 serving per container</p> <p>Serving size 99 g (3.5 oz)</p> <hr/> <p>Calories 460 per serving</p>	<p>Amount per serving</p> <hr/> <p>Total Fat 17g</p> <hr/> <p>Saturated Fat 3.5g</p> <hr/> <p><i>Trans</i> Fat 0g</p> <hr/> <p>Cholesterol 65mg</p> <hr/> <p>Sodium 840mg</p> <hr/> <p>Vitamin D 0mcg 0% • Calcium 110mg 8% • Iron 3mg 15% Potassium 460mg 10% • Vitamin A 10mcg 2%</p>	<p>% Daily Value *</p> <hr/> <p>22%</p> <hr/> <p>17%</p> <hr/> <p></p> <hr/> <p>21%</p> <hr/> <p>37%</p> <hr/> <p></p>	<p>Amount per serving</p> <hr/> <p>Total Carbohydrate 77g</p> <hr/> <p>Dietary Fiber 8g</p> <hr/> <p>Total Sugars 47g</p> <hr/> <p>Includes 8g Added Sugars</p> <hr/> <p>Protein 10g</p> <hr/>	<p>% Daily Value *</p> <hr/> <p>28%</p> <hr/> <p>30%</p> <hr/> <p></p> <hr/> <p>17%</p> <hr/>	<p>* 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.</p>

INGREDIENTS: SUGAR, WHEAT BRAN, WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN AND FOLIC ACID), MILK POWDER, BUTTERMILK POWDER, SODIUM BICARBONATE AND SALT, RAISINS, EGGS, SOYBEAN OIL, HONEY, WATER, POTASSIUM SORBATE

CONTAINS: EGGS, MILK, SOY, WHEAT

Posh Bakery
Nutrition Label
Muffin, Posh, Raisin Bran 6.5oz

Nutrition Facts	Amount per serving	% Daily Value *	Amount per serving	% Daily Value *	* 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.
	Total Fat 32g	41%	Total Carbohydrate 142g	52%	
1 serving per container	Saturated Fat 6g	31%	Dietary Fiber 16g	56%	
Serving size 184 g (6.5 oz)	<i>Trans</i> Fat 0g		Total Sugars 88g		
Calories 860 per serving	Cholesterol 115mg	39%	Includes 15g Added Sugar: 31%		
	Sodium 1570mg	68%	Protein 18g		
	Vitamin D 0.1mcg 0% • Calcium 200mg 15% • Iron 5.6mg 30% Potassium 850mg 20% • Vitamin A 20mcg 2%				

INGREDIENTS: SUGAR, WHEAT BRAN, WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN AND FOLIC ACID), MILK POWDER, BUTTERMILK POWDER, SODIUM BICARBONATE AND SALT, RAISINS, EGGS, SOYBEAN OIL, HONEY, WATER, POTASSIUM SORBATE

CONTAINS: EGGS, MILK, SOY, WHEAT

Posh Bakery Nutrition Label

Muffin, Reduced Fat Blueberry Muffin With Oats 6.5Oz

Nutrition Facts 2 servings per container Serving size 184 g (6.5 oz) Calories 700 per serving	Amount per serving	% Daily Value *	Amount per serving	% Daily Value *	* 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.
	Total Fat 34g	43%	Total Carbohydrate 92g	33%	
	Saturated Fat 6g	30%	Dietary Fiber 2g	7%	
	<i>Trans</i> Fat 0g		Total Sugars 42g		
	Cholesterol 130mg	43%	Includes 41g Added Sugar:	81%	
Sodium 630mg	27%	Protein 10g			
Vitamin D 0mcg 0% • Calcium 50mg 4% • Iron 3.6mg 20% Potassium 170mg 4% • Vitamin A 0mcg 0%					

INGREDIENTS: CAKE MIX (SUGAR, BLEACHED ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), FOOD STARCH- MODIFIED, SOYBEAN OIL, DAIRY PRODUCT SOLIDS (MILK). CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), EMULSIFIER (PROPYLENE GLYCOL ESTERS OF FATTY ACIDS, DISTILLED MONOGLYCERIDES, SODIUM STEAROYL LACTYLATE, TRICALCIUM PHOSPHATE), ARTIFICIAL FLAVOR, SALT, VITAL WHEAT GLUTEN, DRIED EGG WHITES, SOY FLOUR), EGGS, SOYBEAN OIL, APPLESAUCE, BLUEBERRIES, OAT FLOUR, ENRICHED UNBLEACHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), POTASSIUM SORBATE, OATS

CONTAINS: EGGS, MILK, SOY, WHEAT

Posh Bakery Nutrition Label

Muffin, Reduced Fat Cranberry Muffin With Oats 6.5 Oz

Nutrition Facts	Amount per serving	% Daily Value *	Amount per serving	% Daily Value *	* 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.
	Total Fat 34g	43%	Total Carbohydrate 92g	33%	
	Saturated Fat 6g	30%	Dietary Fiber 2g	8%	
	<i>Trans</i> Fat 0g		Total Sugars 41g		
2 servings per container	Cholesterol 130mg	43%	Includes 41g Added Sugar:	81%	
Serving size 184 g (6.5 oz)	Sodium 630mg	27%	Protein 10g		
Calories 700 per serving	Vitamin D 0mcg 0% • Calcium 50mg 4% • Iron 3.6mg 20% Potassium 170mg 4% • Vitamin A 0mcg 0%				

INGREDIENTS: CAKE MIX (SUGAR, BLEACHED ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), FOOD STARCH- MODIFIED, SOYBEAN OIL, DAIRY PRODUCT SOLIDS (MILK). CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), EMULSIFIER (PROPYLENE GLYCOL ESTERS OF FATTY ACIDS, DISTILLED MONOGLYCERIDES, SODIUM STEAROYL LACTYLATE, TRICALCIUM PHOSPHATE), ARTIFICIAL FLAVOR, SALT, VITAL WHEAT GLUTEN, DRIED EGG WHITES, SOY FLOUR), EGGS, SOYBEAN OIL, APPLESAUCE, CRANBERRIES, OAT FLOUR, ENRICHED UNBLEACHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), POTASSIUM SORBATE, OATS

CONTAINS: EGGS, MILK, SOY, WHEAT