

# Corn Bread of Life (Yellow)

## Nutrition Facts

6 servings per container

**Serving size** 1 muffin (66g)

**Amount Per Serving**

**Calories** **310**

**% Daily Value\***

**Total Fat** 11g **14%**

Saturated Fat 6g **30%**

*Trans* Fat 0g

**Cholesterol** 85mg **28%**

**Sodium** 710mg **31%**

**Total Carbohydrate** 49g **18%**

Dietary Fiber 2g **7%**

Total Sugars 19g

Includes 17g Added Sugars **34%**

**Protein** 7g

Vitamin D 0.8mcg 4%

Calcium 180mg 15%

Iron 1.3mg 6%

Potassium 110mg 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: MILK (PASTEURIZED REDUCED FAT MILK, VITAMIN A PALMITATE, VITAMIN D3), UNENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR), YELLOW CORN MEAL, SUGAR, EGG, BUTTER (CREAM, SALT), BAKING POWDER (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORNSTARCH, MONOCALCIUM PHOSPHATE), BAKING SODA, SEA SALT

CONTAINS: MILK, EGG, WHEAT

CHRIST KITCHEN  
2410 N MONROE  
SPOKANE WA 99205