

Blue Corn Bread of Life

Nutrition Facts

8 servings per container

Serving size 1 muffin (50g)

Amount Per Serving

Calories 230

% Daily Value*

Total Fat 8g 10%

Saturated Fat 4.5g 23%

Trans Fat 0g

Cholesterol 65mg 22%

Sodium 490mg 21%

Total Carbohydrate 34g 12%

Dietary Fiber 2g 7%

Total Sugars 14g

Includes 12g Added Sugars 24%

Protein 5g

Vitamin D 0.6mcg 4%

Calcium 130mg 10%

Iron 1.4mg 8%

Potassium 80mg 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), CORNMEAL (BLUE), ENRICHED UNBLEACHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE, RIBOFLAVIN, FOLIC ACID), SUGAR, EGG, BUTTER (CREAM, NATURAL FLAVOR), BAKING POWDER (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORNSTARCH, MONOCALCIUM PHOSPHATE), BAKING SODA, SEA SALT

CONTAINS: MILK, EGG, WHEAT

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