

ALF - Lemon Poppy Muffin Mix

Nutrition Facts

Serving Size 28.33g (dry mix)

Serving Per Container 12

Amount Per Serving

Calories 95 Calories from Fat 0

% Daily Value *

Total Fat 0g **0%**

 Saturated Fat 1g **5%**

 Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 169g **7%**

Total Carbohydrate 22g **7%**

 Dietary Fiber 1g **3%**

 Sugars 10g

Protein 1g

Vitamin A 0% Vitamin C 0%

Calcium 0% Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Value may be higher or lower depending on your calorie needs.