Nutrition Facts	**Almond Poppyseed Muffin**		**Double Chocolate Chip Muffin**		**Blueberry Muffin**		**Apple Streusal Muffin**	
Serving Size	1 muffin		1 muffin		1 muffin		1 muffin	
Servings per container (varied)	varied		varied		varied		varied	
	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value
Calories	670		690		610		920	
Calories from fat	340		350		290		370	
Total Fat (g)	38g	58%	38g	59%	32g	50%	41g	63%
Saturated Fat	7	36%	11g	56%	6g	32%	22g	21%
Trans Fatty Acid	0		0		0g		0	
Polyunsaturated Fat	21g		18g		18g		6g	
Monounsaturated Fat	9g		9g		8g		12g	
Cholesterol (mg)	140mg	46%	125mg	42%	125g	42%	110mg	36%
Sodium (mg)	650	27%	590	25%	590	25%	135	6%
Potassium	0		0		0	0%	0	
Total Carbohydrate (g)	75g	25%	79g	26%	71g	24%	129	43%
Dietary Fiber:	2g	7%	3g	11%	2g	9%	5g	18%
Sugars	42g		48g		40g		81g	
Protein	10g		10g		8g		11g	
Vitamin A		4%		4%		4%		20%
Vitamin D		0%		0%		0%		0%
Vitamin B6		0%		0%		0%		0%
Vitamin C		0%		0%		0%		0%
Thiamin		25%		20%		20%		30%
Folic Acid		20%		20%		20%		15%
Calcium		15%		6%		6%		8%
Riboflavin		20%		20%		20%		10%
Niacin		10%		10%		10%		10%
Iron		15%		15%		15%		20%
on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie diet								