

In-Dey-Go Fundraising

Choose Most Muffin Dough Nutritional Information

Rise and Shine

Nutrition Facts	
Serving Size 38 g	
Servings Per Container 1	
Amount Per Serving	
Calories 100	Calories from Fat 25
Calories from Saturated Fat 5	
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0.5g	3%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 1g	
Cholesterol 10mg	3%
Sodium 90mg	4%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	8%
Soluble Fiber 0g	
Insoluble Fiber 0g	
Sugars 8g	
Protein 2g	
Vitamin A 20% • Vitamin C 2%	
Calcium 2% • Iron 4%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories 2,000 2,500	
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Cranberry Oatmeal

Nutrition Facts	
Serving Size 38 g	
Servings Per Container 0	
Amount Per Serving	
Calories 130	Calories from Fat 30
Calories from Saturated Fat 10	
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 1g	6%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 1.5g	
Cholesterol 15mg	5%
Sodium 180mg	8%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	8%
Soluble Fiber 0g	
Insoluble Fiber 1g	
Sugars 11g	
Protein 6g	
Vitamin A 0% • Vitamin C 0%	
Calcium 10% • Iron 6%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories 2,000 2,500	
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Apple Cinnamon Spice

Nutrition Facts	
Serving Size 35 g	
Servings Per Container 1	
Amount Per Serving	
Calories 110	Calories from Fat 40
Calories from Saturated Fat 0	
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 2.5g	
Cholesterol 15mg	5%
Sodium 140mg	6%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	6%
Soluble Fiber 0g	
Insoluble Fiber 0g	
Sugars 9g	
Protein 2g	
Vitamin A 0% • Vitamin C 0%	
Calcium 2% • Iron 4%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories 2,000 2,500	
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Chocolate Chip Banana

Nutrition Facts	
Serving Size 35 g	
Servings Per Container 1	
Amount Per Serving	
Calories 110	Calories from Fat 35
Calories from Saturated Fat 5	
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1g	4%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 2g	
Cholesterol 15mg	5%
Sodium 130mg	5%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	7%
Soluble Fiber 0g	
Insoluble Fiber 0g	
Sugars 8g	
Protein 2g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 6%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories 2,000 2,500	
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Honey Banana Blueberry Bran

Nutrition Facts	
Serving Size 38 g	
Servings Per Container 1	
Amount Per Serving	
Calories 130	Calories from Fat 30
Calories from Saturated Fat 10	
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 1.5g	6%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 1.5g	
Cholesterol 15mg	5%
Sodium 190mg	8%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	8%
Soluble Fiber 0g	
Insoluble Fiber 1g	
Sugars 10g	
Protein 6g	
Vitamin A 0% • Vitamin C 4%	
Calcium 15% • Iron 4%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories 2,000 2,500	
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Lemon Poppyseed

Nutrition Facts	
Serving Size 38 g	
Servings Per Container 1	
Amount Per Serving	
Calories 120	Calories from Fat 25
Calories from Saturated Fat 10	
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 1g	6%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 1g	
Cholesterol 15mg	4%
Sodium 170mg	7%
Total Carbohydrate 19g	6%
Dietary Fiber 2g	7%
Soluble Fiber 0g	
Insoluble Fiber 1g	
Sugars 10g	
Protein 5g	
Vitamin A 0% • Vitamin C 0%	
Calcium 10% • Iron 4%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories 2,000 2,500	
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
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