

ALF - Corn Muffin Mix

# Nutrition Facts

Serving Size 24.79g (dry mix)

Serving Per Container 12

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**Amount Per Serving**

**Calories** 95      Calories from Fat 0

% Daily Value \*

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**Total Fat** 0g      **0%**

    Saturated Fat 1g      **5%**

    Trans Fat 0g

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**Cholesterol** 0mg      **0%**

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**Sodium** 169g      **7%**

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**Total Carbohydrate** 22g      **7%**

    Dietary Fiber 1g      **3%**

    Sugars 10g

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**Protein** 1g

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Vitamin A 0%      Vitamin C 0%

Calcium 0%      Iron 6%

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