

# Portland Sandwich



## Muffin Almond Poppyseed

### Nutrition Facts

1 serving per container  
**Serving size 1 item (166g)**

**Amount Per Serving**  
**Calories 640**

**% Daily Value\***

**Total Fat** 36g **46%**

Saturated Fat 8g **40%**

Trans Fat 0g

**Cholesterol** 130mg **43%**

**Sodium** 580mg **25%**

**Total Carbohydrate** 72g **26%**

Dietary Fiber 2g **7%**

Total Sugars 36g

Includes 36g Added Sugars **72%**

**Protein** 10g

Vitamin D 0mcg 0%

Calcium 110mg 8%

Iron 2mg 10%

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: SUGAR, BLEACHED ENRICHED WHEAT FLOUR (WHEAT & MALTED BARLEY FLOURS, FERROUS SULFATE, NIACIN, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), EGGS, SOY OIL, WATER, POPPY SEED, MODIFIED FOOD STARCH, 2% OR LESS OF: EMULSIFIERS (MONO & DIGLYCERIDES, PROPYLENE GLYCOL, MONO & DIESTERS OF FATTY ACIDS, SODIUM STEAROYL LACTYLATE), LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM, PHOSPHATE, MONOCALCIUM PHOSPHATE), SALT, NONFAT MILK, SODIUM CASEINATE, XANTHAN & LOCUST BEAN GUM, GUAR GUM, EGG WHITES, NATURAL & ARTIFICIAL FLAVORS, CORN SUGAR & STARCH, SOY FLOUR.

CONTAINS: WHEAT, MILK, EGG, SOY. PRODUCED ON EQUIPMENT THAT ALSO PROCESSES PEANUTS AND TREE NUTS

MUFFIN ALMOND POPPYSEED - 923282



Portland Sandwich Co. Portland, OR 97220