

Bakery Nutrition Facts

Muffins	Serving Size (g)	Calories	Total Fat (g)	Total Fat (%DV)	Saturated Fat (g)	Saturated Fat (%DV)	Trans Fat (g)	Cholesterol (mg)	Cholesterol (%DV)	Sodium (mg)	Sodium (%DV)	Total Carbohydrates (g)	Total Carbohydrates (%DV)	Dietary Fiber (g)	Dietary Fiber (%DV)	Sugar (g)	Added Sugar (g)	Added Sugar (%DV)	Protein (g)	Vitamin D (%DV)	Calcium (%DV)	Iron (%DV)	Potassium (%DV)
Apple Cinnamon	1 each (142g)	490	19	24	5	25	0	75	25	420	18	72	26	1	4	48	47	94	6	10	6	6	2
Blueberry	1 each (142g)	450	19	24	4	20	0	85	28	690	30	64	23	2	7	37	35	70	7	6	6	6	2
Blueberry Oat	1 each (135g)	350	11	14	1.5	8	0	0	0	650	28	58	21	6	21	26	22	44	6	0	6	10	6
Chocolate Chip	1 each (142g)	530	24	31	7	35	0	90	30	370	16	73	27	2	7	47	41	82	7	6	6	6	4
Corn	1 each (142g)	510	21	27	4.5	23	0	95	32	520	23	72	26	2	7	34	33	66	9	6	6	6	2
Double Chocolate Chip	1 each (142g)	520	25	32	6	30	0	90	30	460	20	68	25	1	4	44	36	72	8	6	4	15	8
French Vanilla w/ Cinnamon Streusel	1 each (145g)	540	24	31	6	30	0	105	35	430	19	70	25	1	4	41	40	80	8	6	8	6	2
French Vanilla w/ Powdered Sugar	1 each (135g)	490	22	28	4.5	23	0	105	35	430	19	63	23	1	4	37	36	72	7	6	8	6	2
Lemon Poppyseed w/ Glaze	1 each (154g)	550	24	30	5	24	0	105	35	440	19	75	27	2	6	47	46	92	8	4	10	6	2
Lemon Poppyseed w/ White Icing	1 each (152g)	550	24	30	5	24	0	105	35	430	19	74	27	2	6	45	44	89	8	4	10	6	2
Peach	1 each (142g)	450	19	24	4	20	0	85	28	660	29	63	23	1	4	37	35	70	7	6	6	6	2
Whole Grain Cranberry Walnut	1 each (92g)	350	19	24	3.5	18	0	65	22	260	11	40	15	3	11	22	21	42	6	0	6	6	4
Whole Grain Pumpkin	1 each (89g)	340	17	22	3	15	0	60	20	260	11	41	15	3	11	24	24	48	5	0	6	6	2

Have questions or comments? Call Wegmans Consumer Care Center:
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