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	70	23	400	17	72	26	1	4	48	46	92	6	0	15	6	2
Banana Apple Oat	1 each (137g)	350	13	17	2.5	13	0	0	0	410	18	53	19	5	18	27	21	42	5	6	8	10	6
Banana Carrot Oat	1 each (135g)	360	17	22	2	10	0	0	0	350	15	48	17	6	21	25	12	24	6	4	8	10	10
Blueberry	1 each (142g)	450	19	24	4	20	0	85	28	660	29	63	23	2	7	37	35	70	7	6	15	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	340	15	73	27	2	7	47	41	82	7	6	15	6	4
Corn	1 each (142g)	510	20	26	4.5	23	0	95	32	480	21	72	26	1	4	33	32	64	8	6	15	6	2
Double Chocolate Chip	1 each (142g)	520	25	32	6	30	0	90	30	450	20	68	25	1	4	44	36	72	8	6	4	15	8
French Vanilla w/ Cinnamon Streusel	1 each (145g)	530	24	31	6	30	0	105	35	400	17	70	25	1	4	40	40	80	8	6	20	6	2
French Vanilla w/ Powdered Sugar	1 each (135g)	480	22	28	4.5	23	0	105	35	390	19	63	23	1	4	37	36	72	8	6	15	6	2
Lemon Poppyseed w/ Glaze	1 each (154g)	550	23	30	5	24	0	105	35	400	17	75	27	2	5	46	46	91	8	4	20	6	2
Lemon Poppyseed w/ White Icing	1 each (152g)	540	23	30	5	24	0	105	35	400	17	74	27	2	5	46	45	90	8	4	20	6	2
Peach	1 each (142g)	450	18	23	4	20	0	85	28	630	27	63	23	1	4	37	35	70	7	6	15	6	2
Whole Grain Cranberry Walnut	1 each (92g)	340	18	23	3.5	18	0	65	22	230	10	39	14	3	11	22	21	42	6	0	10	6	4
Whole Grain Pumpkin	1 each (89g)	330	17	22	3	15	0	60	20	230	10	40	15	3	11	24	23	46	4	0	10	6	2

Have questions or comments? Call Wegmans Consumer Care Center:
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