

#### Modern Muffin

# 12645 - Banana Walnut Protein Muffin

Modern Muffin Banana Walnut Protein Muffin is a high protein muffin with 10 grams of protein and 44 organic superfoods. It is individually wrapped for freshness. A great grab and go breakfast item or snack after physical exercise.



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🗱 Benefits		Sodiur
Modern Muffin Banana Walnut Protein Muffi	n contains 10 grams of protein per muffin as	Total C
well as 44 organic superfoods. Made with a p all natural ingredients with no artificial ingred	plant-based protein mix. They are made with	Dietary
calories and less sugar than a common, store wrapped with an ambient shelf life of 7 days.	e bought muffin. They are individually	Tota
		Inclu Protein
Ingredients	Allergens	Protein
banana puree, unbleached wheat flour,sugar, eggs, organic	Contains:	Vitamin Calciun
nonfat Greek yogurt, butter,	eggs (f) milk (f) tree nuts (g) wheat	Iron
walnuts, raw organic protein blend, raw organic fruit and	Free From:	Potassi
vegetable blend, vegetable	🛞 crustaceans 🔊 fish 🕥 peanuts 🛞 soy	* The % D

# **Nutrition Facts**

Servings per Container Serving size	6					
Amount per serving Calories	270					
% Daily Value*						
Total Fat 10g	15%					
Saturated Fat 4g	20%					
Trans Fat						
Cholesterol 55mg	18%					
Sodium 390mg	16%					
Total Carbohydrate 36g	12%					
Dietary Fiber 2g	9%					
Total Sugars 15g						
Includes Added Sugar	%					
Protein 10g						
Vitamin D	%					
Calcium	8%					
Iron	8%					
Potassium	%					
* The % Daily Value (DV) tells you how much a serving of food contributes to a daily diet. 2 a day is used for general nutrition advice.						

#### Handling Suggestions

Consume muffin when opened. Can be frozen in package to preserve.

glycerin, baking powder, low fat milk, baking soda, salt, vanilla extract, distilled vinegar.

Serving Suggestions

Breakfast, snack, after exercise snack

#### Prep & Cooking Suggestions

defrost on counter or in microwave if frozen

## Product Specifications

Brand				Manufacturer			
Modern Muffin				Modern Muffin LLC			
UPC	MFG a	# SPC	#	GTIN		Pack	Pack Desc.
8605850004	464 02	1264	5 008	00860001162110			6/1 CT
Gross Weig	ht Net We	ight C	ght Country of Origin		Kosl	her Cł	nild Nutrition
1.23lb	1.22	b	United S	ited States No		0	
Shipping Information							
Length Wi	dth Height	Volume	e TixHi	Shelf Li	ife S	Storage Temp From/To	
14.5in 4	in 4in	0.13ft3	21x8	238day	ys	-2°F / -5°F	





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Nutrition Analysis - By Measure

Calories	270	Total Fat	10g	Sodium	390mg
Protein	10	Trans Fats		Calcium	
Total Carbohydrates…	36g	Saturated Fat	4g	Iron	
Sugars	15g	Added Sugars		Potassium	
Dietary Fiber	2g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	55mg		
Vitamin A(IU)•		Vitamin D		Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

#### Additional Images



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