

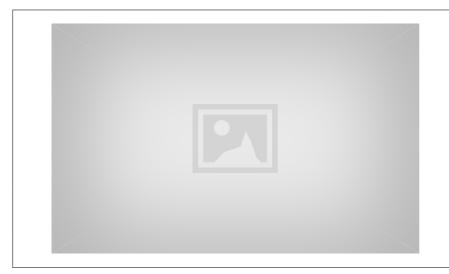
Modern Muffin

12648 - Apple Cinnamon Flax Protein Muffin



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Modern Muffin Apple Cinnamon Flax 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.



* Benefits

Modern Muffin Apple Cinnamon Flax Protein Muffin contains 10 grams of protein per muffin as well as 44 organic superfoods. Made with a plant-based protein mix. They are made with all natural ingredients with no artificial ingredients or preservatives. There are less calories and less sugar than a common, store bought muffin. They are individually wrapped with an ambient shelf life of 7 days. They can remain frozen for a year.

Ingredients

Unbleached wheat flour, low fat milk, sugar, canola oil, apples, eggs, organic non-fat Greek yogurt, raw organic protein blend, raw organic fruit and vegetable blend, vegetable glycerin, baking powder, organic flax seed flour, distilled vinegar, salt, baking soda, cinnamon, vanilla extract.

A Allergens

Contains:



Free From:









Nutrition Facts

Servings per Container Serving size

Amount per serving

Calories	300
	% Daily Value*
Total Fat 15 g	23%
Saturated Fat 1.5 g	8%
Trans Fat	
Cholesterol 45 mg	15%
Sodium 370 mg	15%
Total Carbohydrate 34 g	11%
Dietary Fiber 2 g	8%
Total Sugars 15 g	
Includes Added Sugar	%
Protein 10 g	
Vitamin D	%
Calcium	10%
Iron	8%
Potassium	%

* 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.

Handling Suggestions

Consume when opened

Serving Suggestions

Breakfast, snack

Prep & Cooking Suggestions

Defrost and ready to eat



Product Specifications

Brand	Manufacturer
Modern Muffin	Modern Muffin LLC

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
860585000495	#04	12648	00860001162134		6/1 CT

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
1.27 lb	1.26 lb	United States	No	

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
14.5 in	4.5 in	4 in	0.15 ft3	21x8	365 days	-2 °F / -5 °F





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Nutrition Analysis - By Measure

Calories	300	Total Fat	15 g	Sodium	370 mg
Protein	10	Trans Fats		Calcium	
Total Carbohydrates•••	34 g	Saturated Fat	1.5 g	Iron	
Sugars	15 g	Added Sugars		Potassium	
Dietary Fiber	2 g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	45 mg		
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	

0	Additional Images					

