



Antonina's Bakery
14138 - Lemon Poppy Seed Muffins Gluten Fre

Our gluten-free Lemon Poppy Seed Muffins are made with a proprietary blend of gluten-free flours to create a moist muffin that is flavored with lemon and filled with poppy seeds. Its a delicious snack or breakfast treat that even those who can eat gluten will love and enjoy.



* Benefits

The journey for Antoninas Gluten-Free Bakery began two decades ago with a simple goal to spread joy one gluten-free delight at a time. We believe everyone should have the opportunity to enjoy exceptional baked goods without compromise. Located in the beautiful Pacific Northwest, just a stones throw from Seattle with majestic views of Mt. Rainier, is our dedicated gluten-free, all-natural, non-GMO, peanut and tree nut-free bakery where products are produced under the watchful eyes of our SQF and BRC certified quality trained staff. Our treats offer a celebration of taste, texture, and inclusivity with every bite. Once you try one of our items, we are confident you will think, It is impossible this is gluten-free!

Ingredients

INGREDIENTS: GLUTEN FREE FLOUR BLEND (WHITE RICE FLOUR, BROWN RICE FLOUR, CORN STARCH, TAPIOCA STARCH, POTATO STARCH), CANE SUGAR, NON-GMO CANOLA OIL, EGGS, BUTTERMILK (CULTURED LOWFAT MILK, SALT), SOUR CREAM (CULTURED PASTEURIZED GRADE A MILK, CREAM, ENZYMES), POPPY SEEDS, BROWN CANE SUGAR, NATURAL LEMON FLAVORS, LEMON OIL, ENZYMES, BAKING POWDER (CORN STARCH, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), BAKING SODA, SALT, AND XANTHAN GUM.

⚠ Allergens

Contains:

🥚 eggs 🥛 milk

Free From:

🦀 crustaceans 🐟 fish 🥜 peanuts 🥥 soy
🌰 tree nuts 🌾 wheat

Nutrition Facts

Servings per Container	4
Serving size	99.0g (99g)
Amount per serving	
Calories	420
% Daily Value*	
Total Fat 23g	29%
Saturated Fat 3g	15%
Trans Fat	
Cholesterol 60mg	20%
Sodium 420mg	18%
Total Carbohydrate 50g	18%
Dietary Fiber 1g	4%
Total Sugars 27g	
Includes 26g Added Sugar	52%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 80mg	6%
Iron 1.2mg	7%
Potassium 65mg	1%

* 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

Store at room temperature up to 7 days, refrigerated 14 days, or keep frozen

Serving Suggestions

Serve at room temperature or warm slightly in the microwave.

Prep & Cooking Suggestions

Thaw if frozen, then serve

📄 Product Specifications

Brand	Manufacturer	Product Category
Antonina's Bakery	12five Capital FBO Pin Hsiao & Associates LLC	

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
818703014138	14138	14138	10818703014135		12/14 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
11.8lb	10.5lb	United States	No	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
7.7in	23.3in	11.8in	1.23ft3	10x6	180days	-2°F / -5°F



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Nutrition Analysis - By Measure

Calories	420	Total Fat	23g	Sodium	420mg
Protein	3	Trans Fats		Calcium	80mg
Total Carbohydrates...	50g	Saturated Fat	3g	Iron	1.2mg
Sugars	27g	Added Sugars	26g	Potassium	65mg
Dietary Fiber	1g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	60mg		
Vitamin A(IU)•		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

Additional Images

