



Antonina's Bakery

141390 - 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.



Nutrition Facts

4 Servings Per Container

Serving size **1muffin (99g)**

Amount per serving
Calories 440

% Daily Value*

Total Fat 25 g **32%**

Saturated Fat 3 g **15%**

Trans Fat 0 g

Cholesterol 65 mg **22%**

Sodium 400 mg **17%**

Total Carbohydrate 49 g **18%**

Dietary Fiber 1 g **4%**

Total Sugars 24 g

Includes 24 g Added Sugar **48%**

Protein 4 g

Vitamin D 0 mcg **0%**

Calcium 80 mg **6%**

Iron 0.72 mg **4%**

Potassium 0 mg **0%**

* 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.

* 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 certified gluten-free, kosher, 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 Won't Believe It's Gluten-Free!"

Ingredients

Gluten-free flour blend (white rice flour, brown rice flour, non-GMO corn starch, tapioca starch, potato starch, enzymes), non-GMO canola oil, cane sugar, eggs (whole eggs, citric acid [to retain color]), sour cream (cultured pasteurized grade a milk, cream, enzymes), buttermilk (cultured low-fat milk, salt, sodium citrate), brown cane sugar, poppy seeds, vanilla extract (water, ethyl alcohol, vanilla bean extractives), natural lemon flavors, lemon oil, dry vinegar powder, salt, baking powder (corn starch, sodium bicarbonate, monocalcium phosphate), baking soda. Xanthan gum.

Allergens

Contains:

eggs milk

May Contain:

soy

Free From:

crustaceans fish peanuts sesame

tree nuts wheat

Handling Suggestions

Store at room temperature up to 7 days, refrigerated 14 days, or keep frozen--- UNIT UPC: 818703014138 ---

Serving Suggestions

Serve at room temperature or warm slightly in the microwave.

Prep & Cooking Suggestions

Thaw if frozen, then serve

Product Specifications

Brand	Manufacturer
Antonina's Bakery	Pin Hsiao & Associates LLC

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
818703014138	14139	141390	30818703014139		8/14 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
8.6 lb	7 lb	United States of America	Yes	

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
8 in	15.7 in	12.4 in	0.9 ft3	15x6	180 days	-5 °F / -2 °F



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Nutrition Analysis - By Measure

Calories	440	Total Fat	25 g	Sodium	400 mg
Protein	4	Trans Fats	0 g	Calcium	80 mg
Total Carbohydrates...	49 g	Saturated Fat	3 g	Iron	0.72 mg
Sugars	24 g	Added Sugars	24 g	Potassium	0 mg
Dietary Fiber	1 g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	65 mg		
Vitamin A(U)		Vitamin D	0 mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2	
Monosodium		Sulphites		Nitrates	

Additional Images

