



Lucky Spoon Bakery

703043 - Lemonlicious Poppy Seed Muffins

Gluten free lemon poppyseed muffins made by Lucky Spoon Bakery, made in a dedicated gluten free facility, bright lemon flavor with poppyseeds. Perfect for everyday or on the go.



Nutrition Facts

Servings per Container 6  
Serving size 35grams (1.25oz)

Amount per serving  
**Calories 120**

	% Daily Value*
<b>Total Fat</b> 4.5g	<b>6%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 100mg	<b>4%</b>
<b>Total Carbohydrate</b> 18g	<b>7%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 10g	
Includes 9g Added Sugar	<b>18%</b>
<b>Protein</b> 2g	
Vitamin D 0.1mcg	<b>0%</b>
Calcium 70mg	<b>6%</b>
Iron 0.3mg	<b>2%</b>
Potassium 70mg	<b>2%</b>

\* 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

gluten free lemon poppyseed muffins

Ingredients

Flour Blend (White Rice Flour, Potato Starch, Potato Flour), Brown Sugar, Eggs, Butter, Cultured Buttermilk, Invert Sugar, Poppy Seeds, Leavening (Sodium Bicarbonate, Sodium Acid Pyrophosphate, Monocalcium Phosphate), Lemon Extract, Soy Lecithin, Vanilla Extract, Xanthan Gum, Salt.

⚠ Allergens

Contains:

eggs milk soy

Free From:

crustaceans fish peanuts sesame  
tree nuts wheat

Handling Suggestions

ambient UNIT UPC: 850489003043

Serving Suggestions

ready to eat

Prep & Cooking Suggestions

ready to eat

✍ Product Specifications

Brand	Manufacturer
Lucky Spoon Bakery	Lucky Spoon

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
850489003043	007	703043	10850489003040		12/7.25 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
6lb	5.44lb	United States	No	

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
14.75in	11.5in	5.75in	0.56ft3	11x9	237days	-5°F / -2°F





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Nutrition Analysis - By Measure

Calories	120	Total Fat	4.5g	Sodium	100mg
Protein	2	Trans Fats	0g	Calcium	70mg
Total Carbohydrates...	18g	Saturated Fat	2.5g	Iron	0.3mg
Sugars	10g	Added Sugars	9g	Potassium	70mg
Dietary Fiber	1g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	35mg		
Vitamin A(IU)•		Vitamin D	0.1mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	



Additional Images

