

YOGURT MUFFINS DATA
Marylou's News, Inc.

Apple Streusel (Low Fat)	
Sugar, Bleached Wheat Flour (enriched with Iron, Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid), Hydrolyzed Oat Flour, Egg White Solids, Water, Apples, Yogurt (cultured pasteurized Grade A Reduced Fat Milk and Concentrated Skim Milk), Cinnamon, Food Starch Modified, Baking Powder, Salt, Vanilla, Mono- and Diglycerides, Xanthan Gum, Guar Gum, Potassium Sorbate, FD & C Yellow #5 and #6, Natural and Artificial Flavor, Sorbic Acid. Streusel Topping: Enriched Wheat Flour Bleached (Flour, Niacin, Reduced Iron, Thiamin, Mononitrate, Riboflavin, Folic Acid), Cocoa Processed with Alkali, Margarine (Palm Oils, Water, Mono- and Diglycerides, Lecithin, Sodium Benzoate, Artificial Flavor, Beta Carotene Color, Vitamin A Palmitate), Sugar, Cinnamon.	
Nutrition Facts	
Serving Size: 4oz (1 piece)	
Amount per Serving:	
Calories	110
Calories from Fat	0
Total Fat	0g
Saturated Fat	0g
Cholesterol	0mg
Sodium	210mg
Total Carbohydrate	26g
Dietary Fiber	0g
Sugars	14g
Protein	2g
This product should not be consumed by those individuals with allergies to Corn, Gluten, Egg, Dairy, Soy, Sulfites, Tree Nuts, or Peanuts.	

Banana Chocolate Chip	
Sugar, Bleached Wheat Flour (enriched with Iron, Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid), Whole Eggs, Soybean Oil, Yogurt (cultured pasteurized Grade A Reduced Fat Milk and Concentrated Skim Milk), Water, Bananas, Chocolate Chips (Sugar, Chocolate Liquor, Cocoa Butter), Lecithin (an emulsifier), Fruit Juice, Natural Grain Dextrin, Modified Corn Starch, Whey, Mono- and Diglycerides, Baking Powder (Baking Soda, Sodium Aluminum Phosphate), Vital Wheat Gluten, Salt, Sodium Stearoyl Lactylate, Sorbitan Monostearate, Nonfat Milk, Calcium Acetate, Natural and Artificial Flavor, Guar Gum, Xanthan Gum, Corn Starch, Polysorbate 60, Partially Hydrogenated Soybean Oil, Yeast, Wheat Flour, Vanillin, Banana Fruit Icing (Corn Syrup, Banana Puree, Sugar, Orange Peel, Citric Acid, Artificial Flavor, Pectin, Algin, Yellow 5 and Sodium Benzoate, Ascorbic Acid), Butter Emulsion (Natural and Artificial Flavor, Dextrose, Corn Starch, Tricalcium Phosphate, Alcohol), Sodium Propionate, Sorbic Acid.	
Nutrition Facts	
Serving Size: 2oz (1/2 muffin)	
Amount per Serving:	
Calories	190
Calories from Fat	70
Total Fat	8g
Saturated Fat	2.5g
Cholesterol	30mg
Sodium	200mg
Total Carbohydrate	27g
Dietary Fiber	0g
Sugars	15g
Protein	2g
This product should not be consumed by those individuals with allergies to Chocolate, Chocolate Derivatives, Gluten, Corn, Egg, Dairy, Soy, Sulfites, Tree Nuts, or Peanuts.	

Banana Nut	
Sugar, Bleached Wheat Flour (enriched with Iron, Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid), Whole Eggs, Soybean Oil, Yogurt (cultured pasteurized Grade A Reduced Fat Milk and Concentrated Skim Milk), Water, Walnuts, Bananas, Banana Fruit Icing (Corn Syrup, Banana Puree, Sugar, Orange Peel, Citric Acid, Artificial Flavor, Pectin, Algin, Yellow 5 and Sodium Benzoate, Ascorbic Acid), Food Starch - Modified, Corn Syrup, Molasses, Dry Whey, Leavening (Sodium Aluminum Phosphate, Aluminium Sulfate, Baking Soda), Salt, Vital Wheat Gluten, Propylene Glycol Monostearate, Mono- and Diglycerides, Sodium Stearoyl Lactylate, Dextrose, Natural and Artificial Flavor, Wheat Starch, Caramel Color, Potassium Sorbate, Sorbic Acid.	
Nutrition Facts	
Serving Size: 3oz (3/4 muffin)	
Amount per Serving:	
Calories	320
Calories from Fat	140
Total Fat	15g
Saturated Fat	3.5g
Cholesterol	50mg
Sodium	280mg
Total Carbohydrate	40g
Dietary Fiber	1g
Sugars	20g
Protein	4g
This product should not be consumed by those individuals with allergies to Corn, Gluten, Egg, Dairy, Soy, Sulfites, Tree Nuts, or Peanuts.	

Berry Blast	
Sugar, Bleached Wheat Flour (enriched with Iron, Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid), Whole Eggs, Soybean Oil, Water, Blueberries, Cranberries, Strawberries, Apples, Yogurt (cultured pasteurized Grade A Reduced Fat Milk and Concentrated Skim Milk), Food Starch Modified, Corn Syrup, Dry Whey, Leavening (Sodium Aluminum Phosphate, Aluminium Sulfate, Baking Soda), Salt, Vital Wheat Gluten, Propylene Glycol Monostearate, Mono- and Diglycerides, Sodium Stearoyl Lactylate, Dextrose, Natural and Artificial Flavor, Wheat Starch, Potassium Sorbate, Sorbic Acid.	
Nutrition Facts	
Serving Size: 3oz (3/4 muffin)	
Amount per Serving:	
Calories	290
Calories from Fat	120
Total Fat	14g
Saturated Fat	3.5g
Cholesterol	55mg
Sodium	280mg
Total Carbohydrate	38g
Dietary Fiber	1g
Sugars	19g
Protein	4g
This product should not be consumed by those individuals with allergies to Corn, Gluten, Dairy, Egg, Soy, Sulfites, Tree Nuts, or Peanuts.	

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Black & White	
Sugar, Bleached Wheat Flour (enriched with Iron, Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid), Cocoa Processed with Alkali, Whole Eggs, Soybean Oil, Yogurt (cultured pasteurized Grade A Reduced Fat Milk and Concentrated Skim Milk), Water, Chocolate Chips (Sugar, Chocolate Liquor, Cocoa Butter), Lecithin (an emulsifier), Cream Cheese (Pasteurized Milk and Cream, Cheese Cultures, Salt and Guar, Locust Bean and Carrageenan Gums), Palm Oil, Corn Syrup, Fruit Juice, Natural Grain Dextrin, Modified Corn Starch, Mono- and Diglycerides, Whey, Baking Powder (Baking Soda, Sodium Aluminum Phosphate), Vital Wheat Gluten, Salt, Calcium Acetate, Sorbitan Monostearate, Nonfat Milk, Sodium Stearoyl Lactylate, Guar Gum, Xanthan Gum, Natural and Artificial Flavor, Corn Starch, Ploysorbate 60, Partially Hydrogenated Soybean Oil, Yeast, Vanillin, Potassium Bromate, Sodium Bicarbonate, Sorbic Acid, Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Sodium Propionate, Sodium Benzoate (perservative).	
Nutrition Facts	
Serving Size: 3oz (3/4 muffin)	
Amount per Serving:	
Calories	310
Calories from Fat	130
Total Fat	15g
Saturated Fat	4.5g
Cholesterol	50mg
Sodium	50mg
Total Carbohydrate	39g
Dietary Fiber	1g
Sugars	23g
Protein	4g
This product should not be consumed by those individuals with allergies to Corn, Gluten, Chocolate, Chocolate Derivatives, Dairy, Eggs, Soy, Sulfites, Tree Nuts or Peanuts.	

Blueberry	
Sugar, Bleached Wheat Flour (enriched with Iron, Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid), Whole Eggs, Soybean Oil, Blueberries, Yogurt (cultured pasteurized Grade A Reduced Fat Milk and Concentrated Skim Milk), Water, Fruit Juice, Natural Grain Dextrin, Modified Corn Starch, Whey, Mono- and Diglycerides, Baking Powder (Baking Soda, Sodium Aluminum Phosphate), Vital Wheat Gluten, Salt, Sodium Stearoyl Lactylate, Sorbitan Monostearate, Nonfat Milk, Calcium Acetate, Guar Gum, Xanthan Gum, Corn Starch, Polysorbate 60, Partially Hydrogenated Soybean Oil, Yeast, Blueberry Flavor (Propylene Glycol, Glycerine, Alcohol and Citric Acid), Natural and Artificial Flavor, Flavor Enhancer (Water, Corn Syrup, Propylene Glycol), Sodium Propionate, Sorbic Acid.	
Nutrition Facts	
Serving Size: 2oz (1/2 muffin)	
Amount per Serving:	
Calories	190
Calories from Fat	70
Total Fat	8g
Saturated Fat	2g
Cholesterol	35mg
Sodium	200mg
Total Carbohydrate	26g
Dietary Fiber	1g
Sugars	13g
Protein	2g
This product should not be consumed by those individuals with allergies to Corn, Gluten, Dairy, Eggs, Soy, Sulfites, Tree Nuts, or Peanuts.	

Cappucino	
Sugar, Bleached Wheat Flour (enriched with Iron, Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid), Whole Eggs, Soybean Oil, Water, Chocolate Chips, (Sugar, Chocolate Liquor, Cocoa Butter, Dextrose, Soylecithin), Yogurt (cultured pasteurized Grade A Reduced Fat Milk and Concentrated Skim Milk), Vanillin, Food Starch Modified, Corn Syrup, Dry Whey, Leavening (Sodium Aluminum Phosphate, Aluminium Sulfate, Baking Soda), Salt, Vital Wheat Gluten, Propylene Glycol Monostearate, Mono- and Diglycerides, Sodium Stearoyl Lactylate, Dextrose, Natural and Artificial Flavor, Wheat Strarch, Caramel Color, Potassium Sorbate, Sorbic Acid.	
Nutrition Facts	
Serving Size: 3oz (3/4 muffin)	
Amount per Serving:	
Calories	290
Calories from Fat	110
Total Fat	12g
Saturated Fat	3g
Cholesterol	45mg
Sodium	280mg
Total Carbohydrate	41g
Dietary Fiber	1g
Sugars	20g
Protein	4g
This product should not be consumed by those individuals with allergies to Corn, Gluten, Chocolate, Chocolate Derivatives, Dairy, Eggs, Soy, Sulfites, Tree Nuts, or Peanuts.	

Carrot Crème	
Sugar, Bleached Wheat Flour (enriched with Iron, Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid), Whole Eggs, Soybean Oil, Water, Carrots, Yogurt (cultured pasteurized Grade A Reduced Fat Milk and Concentrated Skim Milk), Cream Cheese (pasteurized Milk and Cream, Nonfat Milk, Cheese Cultures, Salt, Carob Bean Gum, Guar Gum Alginate, Natural Flavor), Raisins, Walnuts, Pineapple, Coconut, Molasses, Cinnamon, Pineapple Fruit Icing (Pineapple Fruit Icing (Pineapple, Sugar, Corn Syrup, Pineapple Juice, Dextrose, Citric Acid, Artificial Flavor, Sodium Erythorbate, Gum Tragacanth, Sodium Benzoate, Pectin, Yellow #5, and Ascorbic Acid), Food Starch Modified, Corn Syrup, Dry Whey, Leavening (Sodium Aluminum Phosphate, Aluminium Sulfate, Baking Soda), Salt, Vital Wheat Gluten, Propylene Glycol Monostearate, Mono- and Diglycerides, Sodium Stearoyl Lactylate, Dextrose, Natural and Artificial Flavor, Nutmeg, Wheat Starch, Caramel Color, Potassium Sorbate, Sorbic Acid.	
Nutrition Facts	
Serving Size: 3oz (3/4 muffin)	
Amount per Serving:	
Calories	310
Calories from Fat	130
Total Fat	14g
Saturated Fat	3.5g
Cholesterol	50mg
Sodium	300mg
Total Carbohydrate	40g
Dietary Fiber	1g
Sugars	22g
Protein	4g
This product should not be consumed by those individuals with allergies to Gluten, Corn, Dairy, Eggs, Soy, Sulfites, Tree Nuts, or Peanuts.	

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Corn	
Sugar, Bleached Wheat Flour (enriched with Iron, Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid), Whole Eggs, Soybean Oil, Corn Meal, Corn Flour, Yogurt (cultured pasteurized Grade A Reduced Fat Milk and Concentrated Skim Milk), Water, Fruit Juice, Natural Grain Dextrin, Modified Corn Starch, Whey, Mono- and Diglycerides, Baking Powder (Baking Soda, Sodium Aluminum Phosphate), Vital Wheat Gluten, Salt, Sodium Stearoyl Lactylate, Sorbitan Monostearate, Nonfat Milk, Calcium Acetate, Natural and Artificial Flavor, Guar Gum, Xanthan Gum, Corn Starch, Polysorbate 60, Partially Hydrogenated Soybean Oil, Yeast, Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Sodium Bicarbonate, Sodium Propionate, Sorbic Acid.	
Nutrition Facts	
Serving Size: 2oz (1/2 muffin)	
Amount per Serving:	
Calories	180
Calories from Fat	70
Total Fat	7g
Saturated Fat	2g
Cholesterol	25mg
Sodium	190mg
Total Carbohydrate	26g
Dietary Fiber	1g
Sugars	11g
Protein	3g
This product should not be consumed by those individuals with allergies to Corn, Gluten, Dairy, Eggs, Soy, Sulfites, Tree Nuts or Peanuts.	

Cranberry Orange	
Sugar, Bleached Wheat Flour (enriched with Iron, Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid), Whole Eggs, Soybean Oil, Cranberries, Yogurt (cultured pasteurized Grade A Reduced Fat Milk and Concentrated Skim Milk), Water, Modified Corn Starch, Whey, Mono- and Diglycerides, Baking Powder (Baking Soda, Sodium Aluminum Phosphate), Vital Wheat Gluten, Salt, Sodium Stearoyl Lactylate, Sorbitan Monostearate, Nonfat Milk, Calcium Acetate, Guar Gum, Xanthan Gum, Corn Starch, Polysorbate 60, Partially Hydrogenated Soybean Oil, Yeast, Corn Syrup, Orange Peel, Concentrated Orange Juice, Orange Oil, Fruit Juice, Natural Grain Dextrin, Sodium Citrate, Citric Acid, Phosphoric Acid, Pectin, Sodium Benzoate (preservative), Sodium Erythorbate, Yellow 5 and 6, Dextrose, Corn Starch, Citric Acid, Sodium Citrate, Less than 0.1% Beta Carotene, Less than 0.1% Apo Carotenal (Vitamin E USP, FCC) used to protect freshness, Sodium Propionate, Sorbic Acid.	
Nutrition Facts	
Serving Size: 2oz (1/2 muffin)	
Amount per Serving:	
Calories	170
Calories from Fat	70
Total Fat	7g
Saturated Fat	2g
Cholesterol	30mg
Sodium	180mg
Total Carbohydrate	25g
Dietary Fiber	1g
Sugars	13g
Protein	2g
This product should not be consumed by those individuals with allergies to Corn, Dairy, Eggs, Gluten, Soy, or Sulfites.	

Marble Crunch	
Sugar, Bleached Wheat Flour (enriched with Iron, Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid), Whole Eggs, Soybean Oil, Water, Yogurt (cultured pasteurized Grade A Reduced Fat Milk and Concentrated Skim Milk), Cocoa Processed with Alkali, Corn Starch Modified, Corn Syrup, Cinnamon, Dry Whey, Leavening (Sodium Aluminum Phosphate, Aluminium Sulfate, Baking Soda), Salt, Vital Wheat Gluten, Sorbitan Monostearate, Calcium Acetate, Nonfat Milk, Mono- and Diglycerides, Sodium Stearoyl Lactylate, Guar Gum, Xanthan Gum, Polysorbate 60, Natural and Artificial Flavor, Baking Soda, Potassium Sorbate, Sorbic Acid. Streusel Topping: Enriched Wheat Flour Bleached (Flour, Niacin, Reduced Iron, Thiamin, Mononitrate, Riboflavin, Folic Acid), Cocoa Processed with Alkali, Margarine (Palm Oils, Water, Mono- and Diglycerides, Lecithin, Sodium Benzoate, Artificial Flavor, Beta Carotene Color, Vitamin A Palmitate), Sugar, Cinnamon.	
Nutrition Facts	
Serving Size: 3oz (3/4 muffin)	
Amount per Serving:	
Calories	290
Calories from Fat	120
Total Fat	14g
Saturated Fat	2.5g
Cholesterol	50mg
Sodium	280mg
Total Carbohydrate	39g
Dietary Fiber	0g
Sugars	19g
Protein	4g
This product should not be consumed by those individuals with allergies to Chocolate, Chocolate Derivatives, Corn, Dairy, Eggs, Gluten, Soy, or Sulfites.	

Pineapple Coconut	
Sugar, Bleached Wheat Flour (enriched with Iron, Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid), Whole Eggs, Soybean Oil, Water, Pineapple, Coconut, Yogurt (cultured pasteurized Grade A Reduced Fat Milk and Concentrated Skim Milk), Pineapple Fruit Icing (Pineapple, Sugar, Corn Syrup, Pineapple Juice, Dextrose, Citric Acid, Artificial Flavor, Sodium Erythorbate, Gum Tragacanth, Sodium Benzoate, Pectin, Yellow #5, and Ascorbic Acid), Food Starch Modified, Corn Syrup, Dry Whey, Leavening (Sodium Aluminum Phosphate, Aluminium Sulfate, Baking Soda), Salt, Vital Wheat Gluten, Propylene Glycol Monostearate, Mono- and Diglycerides, Sodium Stearoyl Lactylate, Dextrose, Natural and Artificial Flavor, Wheat Starch, Potassium Sorbate, Sorbic Acid.	
Nutrition Facts	
Serving Size: 3oz (3/4 muffin)	
Amount per Serving:	
Calories	310
Calories from Fat	120
Total Fat	14g
Saturated Fat	3.5g
Cholesterol	55mg
Sodium	290mg
Total Carbohydrate	41g
Dietary Fiber	0g
Sugars	20g
Protein	4g
This product should not be consumed by those individuals with allergies to Corn, Dairy, Eggs, Gluten, Soy, Sulfites, Tree Nuts or Peanuts.	

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Sin-A-Muffin

Sugar, Bleached Wheat Flour (enriched with Iron, Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid), Whole Eggs, Soybean Oil, Yogurt (cultured pasteurized Grade A Reduced Fat Milk and Concentrated Skim Milk), Water, Modified Corn Starch, Whey, Mono- and Diglycerides, Baking Powder (Baking Soda, Sodium Aluminum Phosphate), Vital Wheat Gluten, Salt, Sodium Stearoyl Lactylate, Sorbitan Monostearate, Nonfat Milk, Calcium Acetate, Natural and Artificial Flavor, Guar Gum, Xanthan Gum, Corn Starch, Polysorbate 60, Partially Hydrogenated Soybean Oil, Yeast, Cream Cheese (Pasteurized Milk and Cream, Cheese Cultures, Salt and Guar, Locust Bean and Carrageenan Gums), Fruit Juice, Natural Grain Dextrin, Vanola (Corn Syrup, Alcohol, Propylene Glycol, Caramel Color, Vanillin and Ethyl Vanillin), Cinnamon, Nutmeg, Butter Emulsion (Natural and Artificial flavor, Water, Propylene Glycol, Xanthan Gum, Citric Acid, Sodium Propionate, Sodium Benzoate (preservative)).

Whole Grain Blueberry Banana

Bleached whole wheat flour, sugar, soybean oil, Modified Food Starch, Dried Whey, Emulsifier Blend (Propylene Glycol Monoester, Mono & Diglycerides, Soybean Oil, Lecithin, BHA, Citric Acid), Leavening (Sodium Aluminum Phosphate, Sodium Bicarbonate), Wheat Gluten, Salt, Natural and Artificial Flavor, Sodium Stearoyl Lactylate, Whole Eggs, Soybean Oil, Water, Blueberries, Bananas, Yogurt (cultured, pasteurized grade A reduced fat milk and Concentrated Skim milk).
Icing: Fondant (sugar, cornsyrup)

Whole Grain Cranberry Apple

Bleached whole wheat flour, sugar, soybean oil, Modified Food Starch, Dried Whey, Emulsifier Blend (Propylene Glycol Monoester, Mono & Diglycerides, Soybean Oil, Lecithin, BHA, Citric Acid), Leavening (Sodium Aluminum Phosphate, Sodium Bicarbonate), Wheat Gluten, Salt, Natural and Artificial Flavor, Sodium Stearoyl Lactylate, Whole Eggs, Soybean Oil, Water, Cranberries, Apples, Yogurt (cultured, pasteurized grade A reduced fat milk and Concentrated Skim milk). Icing: Fondant (sugar, cornsyrup)

Nutrition Facts	
Serving Size: 2oz (1/2 muffin)	
Amount per Serving:	
Calories	190
Calories from Fat	70
Total Fat	8g
Saturated Fat	2g
Cholesterol	35mg
Sodium	200mg
Total Carbohydrate	28g
Dietary Fiber	0g
Sugars	17g
Protein	2g
<p align="center">This product should not be consumed by those individuals with allergies to Gluten, Corn, Dairy, Eggs, Soy, Sulfites, Tree Nuts, or Peanuts.</p>	

Nutrition Facts	
Serving Size: 5 3/5oz (1 muffin)	
Amount per Serving:	
Calories	560
Calories from Fat	250
Total Fat	28g
Saturated Fat	8g
Cholesterol	105mg
Sodium	480mg
Total Carbohydrate	74g
Dietary Fiber	2g
Sugars	46g
Protein	7g
<p align="center">This product should not be consumed by those individuals with allergies to Corn, Dairy, Eggs, Gluten, Soy, Sulfites, Tree Nuts or Peanuts.</p>	

Nutrition Facts	
Serving Size: 5 3/5oz (1 muffin)	
Amount per Serving:	
Calories	550
Calories from Fat	260
Total Fat	29g
Saturated Fat	9g
Cholesterol	105mg
Sodium	500mg
Total Carbohydrate	69g
Dietary Fiber	3g
Sugars	42g
Protein	7g
<p align="center">This product should not be consumed by those individuals with allergies to Corn, Dairy, Eggs, Gluten, Soy, Sulfites, Tree Nuts or Peanuts.</p>	