Orange Bran Flax Muffin $0.70

Nutrition Facts  Serving Size: 1 item (81.98g), Servings Per Container: 1, Amount Per Serving: Calories 150, Calories from Fat 25, Total Fat 3g (5% DV), Saturated Fat 0g (0% DV), Trans Fat 0g, Cholesterol 0mg (0% DV), Sodium 150mg (6% DV), Total Carbohydrate 31g (10% DV), Dietary Fiber 5g (20% DV), Sugars 14g, Protein 5g, Vitamin A (0% DV), Vitamin C (15% DV), Calcium (6% DV), Iron (10% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Ingredients: Orange, Nonfat, Skim or Fat Free Milk; Raisins, Seedless; Oat Bran, Dry; All Purpose Wheat Flour; Applesauce, Unsweetened, Canned; Flaxseed Meal; Egg Substitute, Liquid; Brown Sugar; Crude Wheat Bran; Lemon Juice; Baking Powder with Sodium Aluminum Sulfate; Baking Soda