



# Fat Free Muffins

## Isabella's® All Natural Raisin Bran Fat Free Muffins (#12403016)

Nutrition Facts		Amount / Serving	% Daily Value*	Amount / Serving	% Daily Value*	
<b>Serving Size</b> 2 oz. (55g) <b>Servings Per Container</b> 9 <b>Calories</b> 110 Calories from Fat 5	<b>Total Fat</b>	0g	0%	<b>Total Carbohydrate</b>	26g	9%
	Saturated Fat	0g	0%	Dietary Fiber	3g	12%
	Trans Fat	0g		Sugars	9g	
	<b>Cholesterol</b>	0mg	0%	<b>Protein</b>	3g	
	<b>Sodium</b>	140mg	6%	<b>Calcium</b>	4%	
	<b>Vitamin A</b>	0%		<b>Iron</b>	8%	
	<b>Vitamin C</b>	0%				

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:  
 Calories: 2,000 2,500

Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
 Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: WATER, UNBLEACHED, UNBROMATED, ENRICHED FLOUR (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), NONFAT MILK, MOLASSES, RAISINS, HONEY, WHEAT BRAN, EGG WHITES, EVAPORATED CANE JUICE, FRUIT FLAKE POWDER (pear, apple, plum), Contains less than 2% of: CITRUS FIBER, CORNSTARCH, LEAVENER (baking soda, sodium acid pyrophosphate, monocalcium phosphate), SPICES, SALT, SOY LECITHIN (an emulsifier).

## Isabella's® Blueberry Fat Free Muffins (#12403001)

Nutrition Facts		Amount / Serving	% Daily Value*	Amount / Serving	% Daily Value*	
<b>Serving Size</b> 1/2 Muffin (55g) <b>Servings Per Container</b> 8 <b>Calories</b> 110 Calories from Fat 5	<b>Total Fat</b>	0g	0%	<b>Total Carbohydrate</b>	24g	8%
	Saturated Fat	0g	0%	Dietary Fiber	1g	4%
	Trans Fat	0g		Sugars	13g	
	<b>Cholesterol</b>	0mg	0%	<b>Protein</b>	3g	
	<b>Sodium</b>	60mg	3%	<b>Calcium</b>	0%	
	<b>Vitamin A</b>	0%		<b>Iron</b>	4%	
	<b>Vitamin C</b>	0%				

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:  
 Calories: 2,000 2,500

Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
 Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: UNBLEACHED, UNBROMATED, ENRICHED FLOUR (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), SUGAR, WATER, BLUEBERRIES, NONFAT MILK, EGG WHITES, ENRICHED BLEACHED FLOUR (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), Contains less than 2% of: SOY FLOUR, CITRUS FIBER, INVERT SUGAR, EMULSIFIER (polyglycerol esters), LEAVENER (baking soda, sodium aluminum phosphate), POTASSIUM SORBATE (a preservative), MODIFIED FOOD STARCH, NATURAL AND ARTIFICIAL FLAVORS, SALT, GUAR GUM.

## Isabella's® Cape Cod Cranberry Fat Free Muffins (#12403002)

Nutrition Facts		Amount / Serving	% Daily Value*	Amount / Serving	% Daily Value*	
<b>Serving Size</b> 1/2 Muffin (55g) <b>Servings Per Container</b> 8 <b>Calories</b> 120 Calories from Fat 5	<b>Total Fat</b>	0g	0%	<b>Total Carbohydrate</b>	25g	8%
	Saturated Fat	0g	0%	Dietary Fiber	2g	8%
	Trans Fat	0g		Sugars	13g	
	<b>Cholesterol</b>	0mg	0%	<b>Protein</b>	3g	
	<b>Sodium</b>	110mg	5%	<b>Calcium</b>	0%	
	<b>Vitamin A</b>	0%		<b>Iron</b>	4%	
	<b>Vitamin C</b>	2%				

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:  
 Calories: 2,000 2,500

Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
 Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: UNBLEACHED, UNBROMATED, ENRICHED FLOUR (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), SUGAR, WATER, CRANBERRIES, NONFAT MILK, EGG WHITES, ENRICHED BLEACHED FLOUR (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), Contains less than 2% of: SOY FLOUR, CITRUS FIBER, INVERT SUGAR, EMULSIFIER (polyglycerol esters), MODIFIED FOOD STARCH, LEAVENER (sodium aluminum phosphate, baking soda), POTASSIUM SORBATE (a preservative), SALT, VANILLIN (an artificial flavor), GUAR GUM.

## Isabella's® Cinnamon Apple Fat Free Muffins (#12403003)

Nutrition Facts		Amount / Serving	% Daily Value*	Amount / Serving	% Daily Value*	
<b>Serving Size</b> 1/2 Muffin (55g) <b>Servings Per Container</b> 8 <b>Calories</b> 120 Calories from Fat 5	<b>Total Fat</b>	0g	0%	<b>Total Carbohydrate</b>	25g	8%
	Saturated Fat	0g	0%	Dietary Fiber	1g	4%
	Trans Fat	0g		Sugars	14g	
	<b>Cholesterol</b>	0mg	0%	<b>Protein</b>	3g	
	<b>Sodium</b>	65mg	3%	<b>Calcium</b>	2%	
	<b>Vitamin A</b>	0%		<b>Iron</b>	4%	
	<b>Vitamin C</b>	0%				

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:  
 Calories: 2,000 2,500

Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
 Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: UNBLEACHED, UNBROMATED, ENRICHED FLOUR (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), SUGAR, WATER, APPLES, NONFAT MILK, EGG WHITES, ENRICHED BLEACHED FLOUR (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), Contains less than 2% of: SOY FLOUR, INVERT SUGAR, CITRUS FIBER, EMULSIFIER (polyglycerol esters), LEAVENER (sodium aluminum phosphate, baking soda), MODIFIED FOOD STARCH, POTASSIUM SORBATE (a preservative), NATURAL AND ARTIFICIAL FLAVORS, SPICES, SALT, GUAR GUM.



# Fat Free Muffins

## Isabella's® Country Corn Fat Free Muffins (#12403004)

Nutrition Facts		Amount / Serving	% Daily Value*	Amount / Serving	% Daily Value*	
<b>Serving Size</b> 1/2 Muffin (55g) <b>Servings Per Container</b> 8 <b>Calories</b> 130 Calories from Fat 5	<b>Total Fat</b>	0g	0%	<b>Total Carbohydrate</b>	25g 8%	
	Saturated Fat	0g	0%	Dietary Fiber	1g 4%	
	Trans Fat	0g		Sugars	13g	
	<b>Cholesterol</b>	0mg	0%	<b>Protein</b>	3g	
	<b>Sodium</b>	90mg	4%	Vitamin A	0%	
	Vitamin C	0%	Calcium	0%		
	Iron	4%				
			*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
			Calories: 2,000 2,500			
			Total Fat Less than 65g 80g Saturated Fat Less than 20g 25g Cholesterol Less than 300mg 300 mg Sodium Less than 2,400mg 2,400mg Total Carbohydrate 300g 375g Dietary Fiber 25g 30g			
		Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4				

INGREDIENTS: WATER, SUGAR, UNBLEACHED, UNBROMATED, ENRICHED FLOUR (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), CORNMEAL, NONFAT MILK, EGG WHITES, ENRICHED BLEACHED FLOUR (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), Contains less than 2% of: SOY FLOUR, INVERT SUGAR, CITRUS FIBER, MODIFIED FOOD STARCH, EMULSIFIER (polyglycerol esters), LEAVENER (sodium aluminum phosphate, baking soda), POTASSIUM SORBATE (a preservative), SALT, NATURAL FLAVORS, GUAR GUM.

## Isabella's® Chocolate Chocolate Fat Free Muffins (#12403010)

Nutrition Facts		Amount / Serving	% Daily Value*	Amount / Serving	% Daily Value*	
<b>Serving Size</b> 1/2 Muffin (55g) <b>Servings Per Container</b> 8 <b>Calories</b> 110 Calories from Fat 5	<b>Total Fat</b>	0g	0%	<b>Total Carbohydrate</b>	24g 8%	
	Saturated Fat	0g	0%	Dietary Fiber	2g 8%	
	Trans Fat	0g		Sugars	13g	
	<b>Cholesterol</b>	0mg	0%	<b>Protein</b>	3g	
	<b>Sodium</b>	55mg	2%	Vitamin A	0%	
	Vitamin C	0%	Calcium	2%		
	Iron	6%				
			*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
			Calories: 2,000 2,500			
			Total Fat Less than 65g 80g Saturated Fat Less than 20g 25g Cholesterol Less than 300mg 300 mg Sodium Less than 2,400mg 2,400mg Total Carbohydrate 300g 375g Dietary Fiber 25g 30g			
		Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4				

INGREDIENTS: WATER, SUGAR, UNBLEACHED, UNBROMATED, ENRICHED FLOUR (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), NONFAT MILK, EGG WHITES, DEFATTED COCOA (processed with alkali), ENRICHED BLEACHED FLOUR (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), Contains less than 2% of: SOY FLOUR, CITRUS FIBER, INVERT SUGAR, EMULSIFIER (polyglycerol esters), LEAVENER (sodium aluminum phosphate, baking soda), POTASSIUM SORBATE (a preservative), MODIFIED FOOD STARCH, SALT, NATURAL FLAVORS, GUAR GUM.

## Isabella's® Mountain Berry Fat Free Muffins (#12403009)

Nutrition Facts		Amount / Serving	% Daily Value*	Amount / Serving	% Daily Value*	
<b>Serving Size</b> 1/2 Muffin (55g) <b>Servings Per Container</b> 8 <b>Calories</b> 110 Calories from Fat 5	<b>Total Fat</b>	0g	0%	<b>Total Carbohydrate</b>	23g 8%	
	Saturated Fat	0g	0%	Dietary Fiber	1g 4%	
	Trans Fat	0g		Sugars	13g	
	<b>Cholesterol</b>	0mg	0%	<b>Protein</b>	3g	
	<b>Sodium</b>	60mg	3%	Vitamin A	0%	
	Vitamin C	0%	Calcium	0%		
	Iron	4%				
			*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
			Calories: 2,000 2,500			
			Total Fat Less than 65g 80g Saturated Fat Less than 20g 25g Cholesterol Less than 300mg 300 mg Sodium Less than 2,400mg 2,400mg Total Carbohydrate 300g 375g Dietary Fiber 25g 30g			
		Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4				

INGREDIENTS: UNBLEACHED, UNBROMATED, ENRICHED FLOUR (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), SUGAR, WATER, NONFAT MILK, EGG WHITES, BLACKBERRIES, BLUEBERRIES, RASPBERRIES, ENRICHED BLEACHED FLOUR (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), Contains less than 2% of: SOY FLOUR, CITRUS FIBER, INVERT SUGAR, EMULSIFIER (polyglycerol esters), LEAVENER (sodium aluminum phosphate, baking soda), POTASSIUM SORBATE (a preservative), SALT, MODIFIED FOOD STARCH, GUAR GUM, VANILLIN (an artificial flavor).