

Nutrition Facts

Michelle's Strawberry Muffins

12 Servings

Amount Per Serving

Calories 188.0

Total Fat 9.7 g

Saturated Fat 0.8 g

Polyunsaturated Fat 2.8 g

Monounsaturated Fat 5.4 g

Cholesterol 0.0 mg

Sodium 209.4 mg

Potassium 73.9 mg

Total Carbohydrate 22.9 g

Dietary Fiber 1.0 g

Sugars 6.6 g

Protein 2.6 g

Vitamin A 0.9 %

Vitamin B-12 0.0 %

Vitamin B-6 1.0 %

Vitamin C 18.3 %

Vitamin D 2.1 %

Vitamin E 13.8 %

Calcium 4.3 %

Copper	2.0 %
Folate	10.4 %
Iron	6.1 %
Magnesium	2.0 %
Manganese	9.9 %
Niacin	6.4 %
Pantothenic Acid	1.6 %
Phosphorus	2.8 %
Riboflavin	6.8 %
Selenium	10.3 %
Thiamin	11.2 %
Zinc	1.1 %

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

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