

Bakery Nutrition Facts



Muffins	Serving Size	Calories	Total Fat		Saturated Fat		Trans Fat	Cholesterol			Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Added Sugar		Protein	Vitamin D	Calcium	Iron	Potassium
	(g)		(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(g)	(%DV)	(%DV)	(%DV)	(%DV)	(%DV)
Blueberry, 1 Muffin	142	450	19	24	4	20	0	85	28	690	30	64	23	2	7	37	35	70	7	6	6	6	6	2
Chocolate Chip, 1 Muffin	142	530	24	31	7	35	0	90	30	370	16	73	27	2	7	47	41	82	8	6	6	6	6	4
Cinnamon Burst, 1 Muffin	142	530	24	31	7	35	0	90	30	510	22	73	27	2	7	46	46	92	7	6	8	6	6	2
Corn, 1 Muffin	142	510	21	27	4.5	23	0	95	32	520	23	72	26	2	7	34	33	66	9	6	6	6	6	2
French Vanilla w/ Cinnamon Streusel, 1 Muffin	145	540	24	31	6	30	0	105	35	430	19	70	25	1	4	41	40	80	8	6	8	6	6	2
French Vanilla w/ Powdered Sugar, 1 Muffin	135	490	22	28	4.5	23	0	105	35	430	19	64	23	1	4	37	36	72	7	6	8	6	6	2
Double Chocolate Chip, 1 Muffin	142	520	25	32	6	30	0	90	30	450	20	65	24	3	11	44	36	72	8	6	6	15	8	8
Lemon Poppyseed w/ Glaze, 1 Muffin	141	500	22	28	4.5	22	0	95	32	400	17	68	25	1	5	42	41	82	8	4	10	6	6	2
Lemon Poppyseed w/ White Icing, 1 Muffin	152	550	24	30	5	24	0	105	35	430	19	74	27	2	6	46	45	89	8	4	10	8	6	2
Banana Walnut, 1 Muffin	142	520	29	37	5	25	0.5	85	28	340	15	59	21	1	4	34	0	0	8	6	6	10	6	4
Apple Cinnamon, 1 Muffin	142	490	19	24	5	25	0	70	23	410	18	72	26	1	4	48	46	92	6	10	6	6	6	2
Tripleberry, 1 Muffin	142	450	19	24	4	20	0	95	32	690	30	62	23	2	7	35	33	66	7	6	6	6	6	2
Peach, 1 Muffin	142	450	19	24	4	20	0	85	28	660	29	63	23	1	4	37	35	70	7	6	6	6	6	2
Whole Grain Carrot Apple, 1 Muffin	99	330	17	22	3.5	18.0	0	35	12	290	13	41	15	4	14	25	18	36	5	0	4	6	6	6
Whole Grain Cranberry Walnut, 1 Muffin	89	300	15	19	3	15	0	55	18	260	11	36	13	3	11	20	19	38	5	0	4	6	6	2
Whole Grain Pumpkin, 1 Muffin	89	300	16	21	3	15	0	55	18	240	10	37	13	2	7	22	21	42	4	0	4	6	6	2

Have questions or comments? Call Wegmans Consumer Affairs
 Monday-Friday 8 a.m. - 5 p.m.
 (585) 464-4760 or toll free 1-800-WEGMANS ext 4760