

**Full Report (All Nutrients) 45187081, ABE'S, MINI-MUFFINS, COCONUT CARROT CAKE, UPC: 044261490866**
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**Report Date: July 17, 2019 06:37 EDT**

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer J.S. Krum Inc.

Nutrient	Unit	Data points	Std. Error	2.0 MUFFINS 48g	1 Value Per100 g
<b>Proximates</b>					
Energy	kcal	--	--	200	417
Protein	g	--	--	2.00	4.17
Total lipid (fat)	g	--	--	9.00	18.75
Carbohydrate, by difference	g	--	--	29.00	60.42
Fiber, total dietary	g	--	--	1.0	2.1
Sugars, total	g	--	--	17.00	35.42
<b>Minerals</b>					
Calcium, Ca	mg	--	--	0	0
Iron, Fe	mg	--	--	0.72	1.50
Sodium, Na	mg	--	--	160	333
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	--	--	0.0	0.0
Vitamin A, IU	IU	--	--	1750	3646
<b>Lipids</b>					
Fatty acids, total saturated	g	--	--	2.002	4.170
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	0	0

**Amino Acids**
**Other**
**Ingredients**

 NON-GMO SUGAR, NON-GMO FLOUR, CARROTS, NON-GMO CANOLA OIL, APPLE SAUCE, COCONUT, PINEAPPLE, BAKING SODA (SODIUM BICARBONATE), VANILLA, SALT, CINNAMON. *Date Available: 01/03/2018 Date Last Updated by Company: 01/03/2018*