

OMG...It's Gluten Free  
Baked Goods | Entrees | Pizza



## Gluten-Free Lemon Poppyseed Muffin

### NUTRITIONAL INFORMATION & INGREDIENT LIST

MATERIAL FIELD	DATA INFORMATION NEEDED
Plant Name:	OMG... It's Gluten Free
Address:	10319 Vans Drive Unit A., Frankfort, IL. 60423
ITEM Name:	Lemon Poppyseed Muffin
BRAND	OMG... It's Gluten Free
GTIN- UNIT	00855398003061
GTIN/UPC -CASE	10855398003068
Unit size:	5 oz.
Pack description:	12 / Individual Sealed 5 oz muffins in printed bags
GROSS WEIGHT:	4.69 lb.
NET WEIGHT:	3.75 lb.
Case LENGTH:	15"
Case WIDTH:	10.93"
Case HEIGHT:	3.5"
MANUFACTURER/TRUE VENDOR	OMG... It's Gluten Free LLC
MANUFACTURER PRODUCT CODE	3068
CATCH WEIGHT (YES/NO)	NO
Storage and distribution	Frozen
VENDOR TI	10
VENDOR HI	15
VENDOR TOTAL SHELF LIFE	180 Days Frozen
Intended Use:	*Foodservice- General Public. *Gluten Intolerant and Celiac persons
Shelf Life:	180 days frozen 5 Days Refrigerated and/or ambient
Labeling Instructions:	*Contains: Milk, Eggs Free of: Wheat, Tree Nuts, Peanuts, Soy
Product Description:	Fully baked muffins individually sealed. Perfect for thaw and eat/heat application.

Nutrition Facts	
2 servings per container	
<b>Serving size</b>	<b>1/2 muffin (71g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>250</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 6g	<b>32%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 60mg	<b>20%</b>
<b>Sodium</b> 190mg	<b>8%</b>
<b>Total Carbohydrate</b> 36g	<b>13%</b>
Dietary Fiber 1g	<b>2%</b>
Total Sugars 19g	
Includes 19g Added Sugars	<b>38%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 9mg	0%
Iron 0.1mg	0%
Potassium 5mg	0%
* The % Daily Values (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2000 calories a day is used for general nutrition advice.	
<b>Ingredients:</b> Gluten Free All Purpose Flour (rice flour, corn starch, tapioca dextrin, xanthan gum, rice extract), Cane Sugar, All Natural Sour Cream (cultured cream, enzymes), Pasteurized Egg (whole egg, citric acid, .1% water added as a carrier for citric acid), Butter (cream, natural flavoring), Poppy Seeds, Lemon Zest, Vanilla Bean Paste (sugar, water, vanilla extract, vanilla beans, gum tragacanth), Pure Lemon Extract (alcohol [90%], natural oil of lemon, water), Salt, Sodium Bicarbonate.	
<b>Contains:</b> Eggs, Milk	