

PEANUT BUTTER HONEY CACAO AND OAT MUFFINS

Nutrition Facts

Servings 12.0

Amount Per Serving

calories 142

% Daily Value *

Total Fat 4 g 5 %

Saturated Fat 1 g 6 %

Monounsaturated Fat 0 g

Polyunsaturated Fat 0 g

Trans Fat 0 g

Cholesterol 0 mg 0 %

Sodium 158 mg 7 %

Potassium 112 mg 3 %

Total

Carbohydrate 23 g 8 %

Dietary Fiber 4 g 15 %

Sugars 8 g

Protein 7 g 14 %

Vitamin A 0 %

Vitamin C 3 %

Calcium 3 %

Iron 3 %

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.
