



BERNARD
FOOD INDUSTRIES, INC.®

**HI PROTEIN
BLUEBERRY
MUFFIN MIX**

REORDER 531123

- Excellent source of protein incorporated into traditional foods providing an alternative to liquid supplements.
- High Quality Protein. We use Supro Brand Isolated Soy Protein providing extremely high rate of digestibility and equal in protein quality to milk and egg white protein.
- Calcium enriched to help promote bone strength.
- Cholesterol Free.
- Great tasting, cost effective and easy to prepare.
- Complete mix products requiring only the addition of water although additional fruit pieces may be added.

YIELD PER CASE: 144 muffin servings

PACK SIZE: 12 @ 16 oz.

Nutrition Facts

Serving Size 1/12 package (38g mix)
Servings Per Container 12

Amount Per Serving

Calories 160 Calories from Fat 40

	% Daily Value *
Total Fat 4.5 g	7%
Saturated Fat 2.5 g	11%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 180 mg	8%
Potassium 60 mg	2%
Total Carbohydrate 24 g	8%
Dietary Fiber 0 g	1%
Sugars 12 g	
Protein 6 g	12%
Vitamin A	0%
Vitamin C	0%
Calcium	15%
Iron	6%

* Percent Daily Values are based on a 2000 calorie diet. Your values may be higher or lower depending on your needs:

	Calories:	2,000	2,500
Total Fat	Less than	65 g	80 g
Saturated Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2400 mg	2400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

Ingredients: ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SHORTENING (PALM OIL, MONO AND DIGLYCERIDES, POLYSORBATE 60), BLUEBERRY FLAVOR BITS (SUGAR, WHEAT FLOUR, SOYBEAN OIL, WHEAT STARCH, DEXTROSE, CITRIC ACID, NATURAL AND ARTIFICIAL FLAVOR, DRIED BLUEBERRIES, RED # 40, BLUE #2), ISOLATED SOY PROTEIN, DRIED EGG WHITE WITH SODIUM LAURYL SULFATE, CALCIUM SULFATE, SODIUM BICARBONATE, LECITHIN POWDER (SOY LECITHIN, NONFAT MILK, MALTODEXTRIN), EMULSIFIER (PROPYLENE GLYCOL MONO AND DIESTERS OF FATS AND FATTY ACIDS, MONO AND DIGLYCERIDES, NONFAT MILK, PALM OIL AND DISODIUM PHOSPHATE), SODIUM ALUMINUM PHOSPHATE, SILICON DIOXIDE, ARTIFICIAL FLAVOR, MONOCALCIUM PHOSPHATE, YELLOW #5 AND #6.

Contains MILK, EGG, WHEAT, SOY