

Food name: Keto Banana Nut Muffin

Nutrition Facts	
1 servings per container	
Serving size	1 (80g)
Amount per serving	
Calories	250
% Daily Value*	
Total Fat 23g	29%
Saturated Fat 2g	10%
<i>Trans</i> Fat 0g	
Cholesterol 75mg	24%
Sodium 160mg	7%
Total Carbohydrate 24g	9%
Dietary Fiber 3g	12%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Sugar Alcohol 15g	
Protein 5g	
Vitamin D 0.4mcg	2%
Calcium 50mg	4%
Iron 0.6mg	4%
Potassium 150mg	4%
<small>* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Ingredients: Eggs, Canola Oil, Swerve Sweetener (Erythritol), Banana, Coconut Flour (Organic Coconut Flour), Walnuts, Coconut Milk, Baking Powder, Low Sodium, Salt

May contains: Eggs, Tree Nuts