

B-SPINANA KUSH MUFFINS

 1 bowl

INGREDIENTS

- 2 muffins of A-Spinana Kush Muffins (80 g)

NUTRITIONAL INFORMATION

| | PER 100 g | PER BOWL (80 g) | % DRI |
|------------------------------|-----------|-----------------|-------|
| ENERGY | 241 kcal | 193 kcal | 10 % |
| FAT | 12 g | 9 g | 14 % |
| FATTY ACIDS, TOTAL SATURATED | 2 g | 1 g | 7 % |
| CHOLESTEROL | 23 mg | 19 mg | 6 % |
| SODIUM | 336 mg | 268 mg | 11 % |
| CARBOHYDRATE | 31 g | 25 g | 8 % |
| SUGARS | 13 g | 11 g | — |
| FIBER | 3 g | 2 g | 8 % |
| PROTEIN | 5 g | 4 g | — |