

**Epic Harvests LLC**  
**NUTRITION & ANALYSIS SHEET**

**PRODUCT NAME:** Whole Grain Equivalent Berry OrangeVeggielicious Muffin  
**PRODUCT CODE:** 21689FIW  
**PORTION SIZE:** 3.5 oz., 100 grams  
**PACKED:** 120 IW  
**CASE NET WEIGHT:** 27 lbs.  
**CASE DIMENSIONS:** 20.126"x16.689"x 11.628"  
**PALLETIZING:** 6 ti X 6 hi  
**MEAL CONTRIBUTION:**

**EACH WHOLE GRAIN EQUIVALENT BERRY ORANGE VEGGIELICIOUS MUFFIN:** The equivalent of 2 servings of WHOLE GRAIN, contains minimum 51% of the flour as whole grain, and equivalent ½ cup red / orange vegetable serving.

**INGREDIENTS:** Whole grain flour, proprietary red / orange vegetable blend puree, contains one or more of the following: (cranberry, blackberry, strawberry, raspberry), water, eggs, sugar, modified food starch, dried whey (milk), emulsifier blend (polypylene glycol monoester, mono and diglycerides, soy lecithin, citric acid), soybean oil, leavening (sodium acid pyrophosphate, sodium bicarbonate), wheat gluten, salt, natural flavors, and imitation vanilla.

**ALLERGENS:** Gluten, wheat, soy, and milk.

**SERVING DIRECTIONS:** Thaw at room temperature 2 hours prior to serving.

I certify that the above information is accurate at present on this date.

**Name:** Tom Rykalsky

**Title:** CEO

**Signature:** *Tom Rykalsky* **Date:** November 2015



Nutrition Facts			
Serving Size 1 Muffin (100g)			
Servings Per Container 1			
Amount Per Serving			
Calories 200		Calories from Fat 31.5	
% Daily Values*			
Total Fat 3.5g			5%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0.25mg			0%
Sodium 225mg			9%
Total Carbohydrate 37g			12%
Dietary Fiber 4g			16%
Sugars 21g			
Protein 4g			8%
Vitamin A 30%		•	Vitamin C 6%
Calcium 5%		•	Iron 3.5%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

**Epic Harvests LLC**  
**NUTRITION & ANALYSIS SHEET**

**PRODUCT NAME:** Whole Grain Equivalent Apple Veggielicious Muffin  
**PRODUCT CODE:** 21638FIW  
**PORTION SIZE:** 3.5 oz., 100 grams  
**PACKED:** 120 IW  
**CASE NET WEIGHT:** 27 lbs.  
**CASE DIMENSIONS:** 20.126"x16.7"x11.628"  
**PALLETIZING:** 6 ti X 6 hi  
**MEAL CONTRIBUTION:**

**EACH WHOLE GRAIN EQUIVALENT APPLE VEGGIELICIOUS MUFFIN:** The equivalent of 2 servings of WHOLE GRAIN, contains minimum 51% of the flour as whole grain, and equivalent ½ cup RED / ORANGE vegetable serving.

**INGREDIENTS:** Whole grain flour, proprietary red / orange vegetable blend puree, apple puree, water, eggs, sugar, modified food starch, dried whey (milk), apple chunks, emulsifier blend (polyethylene glycol monoester, mono and diglycerides, soy lecithin, citric acid), soybean oil, leavening (sodium acid pyrophosphate, sodium bicarbonate), wheat gluten, salt, natural flavors, and imitation vanilla.

**ALLERGENS:** Gluten, wheat, soy, and milk.

**SERVING DIRECTIONS:** Thaw at room temperature 2 hours prior to serving.

I certify that the above information is accurate at present on this date.

**Name:** Tom Rykalsky

**Title:** CEO

**Signature:** *Tom Rykalsky* **Date:** November 2015



Nutrition Facts			
Serving Size 1 Muffin (100g)			
Servings Per Container 1			
Amount Per Serving			
Calories 192		Calories from Fat 18	
		% Daily Values*	
Total Fat 2g		3%	
Saturated Fat 0g		0%	
Trans Fat 0g			
Cholesterol 0.25mg		0%	
Sodium 225mg		10%	
Total Carbohydrate 37g		12%	
Dietary Fiber 3.5g		14%	
Sugars 21g			
Protein 4g		8%	
Vitamin A 40%		●	Calcium 5%
Iron 3.5%			
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

# Epic Harvests LLC

## NUTRITION & ANALYSIS SHEET

**PRODUCT NAME:** Whole Grain Equivalent Apple Squffin  
**PRODUCT CODE:** 21693FIW  
**PORTION SIZE:** 3.5 oz., 100 grams  
**PACKED:** 120 IW  
**CASE NET WEIGHT:** 27 lbs.  
**CASE DIMENSIONS:** 20.12"x16.69"x11 .63"  
**PALLETIZING:** 6 ti X 6 hi  
**MEAL CONTRIBUTION:**

**EACH WHOLE GRAIN EQUIVALENT Apple Creme Veggie squffin:** The equivalent of 2 servings of WHOLE GRAIN, contains minimum 51% of the flour as whole grain, and equivalent ½ cup red / orange vegetable serving.

**INGREDIENTS:** Whole grain flour, proprietary red / orange vegetable blend puree, apple puree, water, eggs, sugar, modified food starch, dried whey (milk), apple chunks, emulsifier blend (polypylene glycol monoester, mono and diglycerides, soy lecithin, citric acid), soybean oil, leavening (sodium acid pyrophosphate, sodium bicarbonate), wheat gluten, salt, natural flavors, and imitation vanilla.

**ALLERGENS:** Gluten, wheat, soy, and milk.

**SERVING DIRECTIONS:** Thaw at room temperature 2 hours prior to serving.

I certify that the above information is accurate at present on this date.

**Name:** Tom Rykalsky

**Title:** CEO

**Signature:** *Tom Rykalsky* **Date:** November 2015



### Nutrition Facts

Serving Size 1 Squffin (100g)  
Servings Per Container 1

#### Amount Per Serving

**Calories** 192 Calories from Fat 18

#### % Daily Values\*

**Total Fat** 2g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol** 0.25mg **0%**

**Sodium** 225mg **10%**

**Total Carbohydrate** 37g **12%**

Dietary Fiber 3.5g **14%**

Sugars 21g

**Protein** 4g **8%**

Vitamin A 40% Calcium 5%

Iron 3.5%

\*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

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

**Epic Harvest LLC**  
**NUTRITION & ANALYSIS SHEET**

**PRODUCT NAME:** Whole Grain Equivalent Banana Veggielicious Muffin  
**PRODUCT CODE:** 21633FIW  
**PORTION SIZE:** 3.5 oz., 100 grams  
**PACKED:** 120 IW  
**CASE NET WEIGHT:** 27 lbs.  
**CASE DIMENSIONS:** 20.126"x16.689"x 11.628"  
**PALLETIZING:** 6 ti X 6 hi  
**MEAL CONTRIBUTION:**

**EACH WHOLE GRAIN EQUIVALENT BANANA VEGGIELICIOUS MUFFIN:** The equivalent of 2 servings of WHOLE GRAIN, contains minimum 51% of the flour as whole grain, and equivalent ½ cup red / orange vegetable serving.

**INGREDIENTS:** Whole grain flour, proprietary red / orange vegetable blend puree, water, banana, eggs, egg replacer, sugar, modified food starch, dried whey (milk), emulsifier blend (polypylene glycol monoester, mono and diglycerides, soy lecithin, citric acid), soybean oil, leavening (sodium acid pyrophosphate, sodium bicarbonate) wheat gluten, salt, natural flavors, imitation vanilla.

**ALLERGENS:** Gluten, wheat, soy, and milk.

**SERVING DIRECTIONS:** Thaw at room temperature 2 hours prior to serving.

I certify that the above information is accurate at present on this date.

**Name:** Tom Rykalsky **Title:** CEO

**Signature:** *Tom Rykalsky* **Date:** January 2016



Nutrition Facts			
Serving Size 1 Muffin (100g)			
Servings Per Container 1			
Amount Per Serving			
Calories 195		Calories from Fat 31.5	
% Daily Values*			
Total Fat 3.5g			5%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0.25mg			0%
Sodium 250mg			10%
Total Carbohydrate 39g			13%
Dietary Fiber 3.5g			14%
Sugars 20g			
Protein 3.5g			7%
Vitamin A 30%	•	Vitamin C 4%	
Calcium 3.5%	•	Iron 12%	
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

**Epic Harvests LLC**  
**NUTRITION & ANALYSIS SHEET**

**PRODUCT NAME:** Whole Grain Equivalent Blueberry Veggielicious Muffin  
**PRODUCT CODE:** 21644FIW  
**PORTION SIZE:** 3.5 oz., 100 grams  
**PACKED:** 120 IW  
**CASE NET WEIGHT:** 27 lbs.  
**CASE DIMENSIONS:** 20.126"x16.689"x 11.628"  
**PALLETIZING:** 6 ti X 6 hi  
**MEAL CONTRIBUTION:**

**EACH WHOLE GRAIN EQUIVALENT BLUEBERRY VEGGIELICIOUS MUFFIN:** The equivalent of 2 servings of WHOLE GRAIN, contains minimum 51% of the flour as whole grain, and equivalent ½ cup red / orange vegetable serving.

**INGREDIENTS:** Whole grain flour, proprietary red / orange vegetable blend puree, blueberry puree, water, eggs, sugar, modified food starch, dried whey (milk), blueberries, emulsifier blend (polyethylene glycol monoester, mono and diglycerides, soy lecithin, citric acid), soybean oil, leavening (sodium acid pyrophosphate, sodium bicarbonate), wheat gluten, salt, natural flavors, and imitation vanilla.

**ALLERGENS:** Gluten, wheat, soy, and milk.

**SERVING DIRECTIONS:** Thaw at room temperature 2 hours prior to serving.

I certify that the above information is accurate at present on this date.

**Name:** Tom Rykalsky

**Title:** CEO

**Signature:** *Tom Rykalsky* **Date:** November 2015



Nutrition Facts			
Serving Size 1 Muffin (100g)			
Servings Per Container 1			
Amount Per Serving			
Calories 200		Calories from Fat 31.5	
% Daily Values*			
Total Fat 3.5g		5%	
Saturated Fat 0g		0%	
Trans Fat 0g			
Cholesterol 0.25mg		0%	
Sodium 225mg		10%	
Total Carbohydrate 37g		12%	
Dietary Fiber 3.5g		14%	
Sugars 21g			
Protein 4g		8%	
Vitamin A 60%		•	Vitamin C 6%
Calcium 3.5%		•	Iron 3.5%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

**Epic Harvests LLC**  
**NUTRITION & ANALYSIS SHEET**

**PRODUCT NAME:** Whole Grain Equivalent Cocoa Veggielicious Muffin  
**PRODUCT CODE:** 21682FIW  
**PORTION SIZE:** 3.5 oz., 100 grams  
**PACKED:** 120 IW  
**CASE NET WEIGHT:** 27 lbs.  
**CASE DIMENSIONS:** 20.126"x16.689"x 11.628"  
**PALLETIZING:** 6 ti X 6 hi  
**MEAL CONTRIBUTION:**

**EACH WHOLE GRAIN EQUIVALENT COCOA VEGGIELICIOUS MUFFIN:** The equivalent of 2 servings of WHOLE GRAIN, contains minimum 51% of the flour as whole grain, and equivalent ½ cup dark green vegetable serving.

**INGREDIENTS:** Whole grain flour, proprietary green vegetable blend puree, water, eggs, sugar, cocoa, modified food starch, dried whey (milk), emulsifier blend (polypylene glycol monoester, mono and diglycerides, soy lecithin, citric acid), soybean oil, leavening (sodium acid pyrophosphate, sodium bicarbonate) wheat gluten, salt, natural flavors, and imitation vanilla.

**ALLERGENS:** Gluten, wheat, soy, and milk.

**SERVING DIRECTIONS:** Thaw at room temperature 2 hours prior to serving.

I certify that the above information is accurate at present on this date.

**Name:** Tom Rykalsky

**Title:** CEO

**Signature:** *Tom Rykalsky* **Date:** November 2015



Nutrition Facts			
Serving Size 1 1 Muffin (100g)			
Servings Per Container 1			
Amount Per Serving			
Calories 200		Calories from Fat 31.5	
% Daily Values*			
Total Fat 3.5g		5%	
Saturated Fat 0g		0%	
Trans Fat 0g			
Cholesterol 0.25mg		0%	
Sodium 225mg		10%	
Total Carbohydrate 39g		13%	
Dietary Fiber 3.5g		14%	
Sugars 20g			
Protein 5g		10%	
Vitamin A 50%		•	Vitamin C 6%
Calcium 5%		•	Iron 16%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

# Epic Harvests LLC

## NUTRITION & ANALYSIS SHEET

**PRODUCT NAME:** Whole Grain Equivalent Cocoa Veggie Squffin  
**PRODUCT CODE:** 21691FIW  
**PORTION SIZE:** 3.5 oz., 100 grams  
**PACKED:** 120 IW  
**CASE NET WEIGHT:** 27 lbs.  
**CASE DIMENSIONS:** 20.126"x16.689"x 11.628"  
**PALLETIZING:** 6 ti X 6 hi  
**MEAL CONTRIBUTION:**

**EACH WHOLE GRAIN EQUIVALENT Cocoa Veggie squffin:** The equivalent of 2 servings of WHOLE GRAIN, contains minimum 51% of the flour as whole grain, and equivalent ½ cup dark green vegetable serving.

**INGREDIENTS:** Whole grain flour, proprietary green vegetable blend puree, water, eggs, sugar, cocoa, modified food starch, dried whey (milk), emulsifier blend (polyethylene glycol monoester, mono and diglycerides, soy lecithin, citric acid), soybean oil, leavening (sodium acid pyrophosphate, sodium bicarbonate) wheat gluten, salt, natural flavors, and imitation vanilla.

**ALLERGENS:** Gluten, wheat, soy, and milk.

**SERVING DIRECTIONS:** Thaw at room temperature 2 hours prior to serving.

I certify that the above information is accurate at present on this date.

**Name:** Tom Rykalsky

**Title:** CEO

**Signature:** *Tom Rykalsky* **Date:** November 2015



Nutrition Facts			
Serving Size 1 Squffin (100g)			
Servings Per Container 1			
Amount Per Serving			
Calories 200		Calories from Fat 31.5	
% Daily Values*			
Total Fat 3.5g		5%	
Saturated Fat 0g		0%	
Trans Fat 0g			
Cholesterol 0.25mg		0%	
Sodium 225mg		10%	
Total Carbohydrate 39g		13%	
Dietary Fiber 3.5g		14%	
Sugars 20g			
Protein 5g		10%	
Vitamin A 50%		•	Vitamin C 6%
Calcium 5%		•	Iron 16%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
		Calories	2,000 2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

**Epic Harvest LLC**  
**NUTRITION & ANALYSIS SHEET**

**PRODUCT NAME:** Whole Grain Equivalent Orange Crème Veggielicious Muffin  
**PRODUCT CODE:** 21658FIW  
**PORTION SIZE:** 3.5 oz., 100 grams  
**PACKED:** 120 IW  
**CASE NET WEIGHT:** 27 lbs.  
**CASE DIMENSIONS:** 20.126"x16.689"x 11.628"  
**PALLETIZING:** 6 ti X 6 hi  
**MEAL CONTRIBUTION:**

**EACH WHOLE GRAIN EQUIVALENT CRÈME VEGGIELICIOUS MUFFIN:** The equivalent of 2 servings of WHOLE GRAIN, contains minimum 51% of the flour as whole grain, and equivalent ½ cup red / orange vegetable serving.

**INGREDIENTS:** Whole grain flour, proprietary red / orange vegetable blend puree, water, eggs, sugar, modified food starch, dried whey (milk), emulsifier blend (polyethylene glycol monoester, mono and diglycerides, soy lecithin, citric acid), soybean oil, leavening (sodium acid pyrophosphate, sodium bicarbonate) wheat gluten, salt, natural flavors, and imitation vanilla.

**ALLERGENS:** Gluten, wheat, soy, and milk.

**SERVING DIRECTIONS:** Thaw at room temperature 2 hours prior to serving.

I certify that the above information is accurate at present on this date.

**Name:** Tom Rykalsky

**Title:** CEO

**Signature:** *Tom Rykalsky* **Date:** November 2015



Nutrition Facts			
Serving Size 1 Muffin (100g)			
Servings Per Container 1			
Amount Per Serving			
Calories 195		Calories from Fat 31.5	
% Daily Values*			
Total Fat 3.5g		5%	
Saturated Fat 0g		0%	
Trans Fat 0g			
Cholesterol 0.25mg		0%	
Sodium 225mg		10%	
Total Carbohydrate 39g		13%	
Dietary Fiber 3.5g		14%	
Sugars 20g			
Protein 3.5g		7%	
Vitamin A 30%		•	Vitamin C 4%
Calcium 3.5%		•	Iron 12%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



# Epic Harvests LLC

## NUTRITION & ANALYSIS SHEET

**PRODUCT NAME:** Whole Grain Equivalent Veggie Corn Muffin  
**PRODUCT CODE:** 21692FIW  
**PORTION SIZE:** 3.5 oz., 100 grams  
**PACKED:** 120 IW  
**CASE NET WEIGHT:** 27 lbs.  
**CASE DIMENSIONS:** 20.126"x16.689"x 11.628"  
**PALLETIZING:** 6 ti X 6 hi  
**MEAL CONTRIBUTION:**

**EACH WHOLE GRAIN EQUIVALENT VEGGIELICIOUS Corn Muffin:** The equivalent of 2 servings of WHOLE GRAIN, contains minimum 51% of the flour as whole grain, and equivalent ½ cup red / orange vegetable serving.

**INGREDIENTS:** Whole grain flour, Corn Meal, proprietary red/orange vegetable blend puree, water, eggs, sugar, modified food starch, dried whey (milk), Carrot emulsifier blend (polyethylene glycol monoester, mono and diglycerides, soy lecithin, citric acid), soybean oil, leavening (sodium acid pyrophosphate, sodium bicarbonate), wheat gluten, salt, natural flavors, and imitation vanilla.

**ALLERGENS:** Gluten, wheat, soy, and milk.

**SERVING DIRECTIONS:** Thaw at room temperature 2 hours prior to serving.

I certify that the above information is accurate at present on this date.

**Name:** Tom Rykalsky

**Title:** CEO

**Signature:** *Tom Rykalsky* **Date:** November 2015



Nutrition Facts			
Serving Size 1 Muffin (100g)			
Servings Per Container 1			
Amount Per Serving			
Calories 198		Calories from Fat 16	
% Daily Values*			
Total Fat 2g		3%	
Saturated Fat 0g		0%	
Trans Fat 0g			
Cholesterol 0.25mg		0%	
Sodium 225mg		10%	
Total Carbohydrate 38g		13%	
Dietary Fiber 3.5g		14%	
Sugars 22g			
Protein 4g		8%	
Vitamin A 20%		•	Calcium 5%
Iron 7%			
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

# Epic Harvests LLC

## NUTRITION & ANALYSIS SHEET

**PRODUCT NAME:** Whole Grain Equivalent Veggie Southwest (Jalapeno) Corn Muffin  
**PRODUCT CODE:** 21654FIW  
**PORTION SIZE:** 3.5 oz., 100 grams  
**PACKED:** 120 IW  
**CASE NET WEIGHT:** 27 lbs.  
**CASE DIMENSIONS:** 20.126"x16.689"x 11.628"  
**PALLETIZING:** 6 ti X 6 hi  
**MEAL CONTRIBUTION:**

**EACH WHOLE GRAIN EQUIVALENT VEGGIELICIOUS Corn Muffin:** The equivalent of 2 servings of WHOLE GRAIN, contains minimum 51% of the flour as whole grain, and equivalent ½ cup red / orange vegetable serving.

**INGREDIENTS:** Whole grain flour, Corn Meal, proprietary red/orange vegetable blend puree, water, eggs, sugar, modified food starch, dried whey (milk), Carrot, diced jalapeno, emulsifier blend (polypylene glycol monoester, mono and diglycerides, soy lecithin, citric acid), soybean oil, leavening (sodium acid pyrophosphate, sodium bicarbonate), wheat gluten, salt, natural flavors, and imitation vanilla.

**ALLERGENS:** Gluten, wheat, soy, and milk.

**SERVING DIRECTIONS:** Thaw at room temperature 2 hours prior to serving.

I certify that the above information is accurate at present on this date.

**Name:** Tom Rykalsky

**Title:** CEO

**Signature:** *Tom Rykalsky* **Date:** November 2015



Nutrition Facts			
Serving Size 1 Muffin (100g)			
Servings Per Container 1			
Amount Per Serving			
Calories 198		Calories from Fat 16	
% Daily Values*			
Total Fat 2g		3%	
Saturated Fat 0g		0%	
Trans Fat 0g			
Cholesterol 0.25mg		0%	
Sodium 225mg		10%	
Total Carbohydrate 38g		13%	
Dietary Fiber 3.5g		14%	
Sugars 22g			
Protein 4g		8%	
Vitamin A 21%		•	Vitamin C 4%
Calcium 5%		•	Iron 7%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

**Epic Harvest LLC**  
**NUTRITION & ANALYSIS SHEET**

**PRODUCT NAME:** Whole Grain Equivalent Pumpkin Spice Veggielicious Muffin  
**PRODUCT CODE:** 21690FIW  
**PORTION SIZE:** 3.5 oz., 100 grams  
**PACKED:** 120 IW  
**CASE NET WEIGHT:** 27 lbs.  
**CASE DIMENSIONS:** 20.126"x16.689"x 11.628"  
**PALLETIZING:** 6 ti X 6 hi  
**MEAL CONTRIBUTION:**

**EACH WHOLE GRAIN EQUIVALENT PUMPKIN SPICE VEGGIELICIOUS MUFFIN:** The equivalent of 2 servings of **WHOLE GRAIN**, contains minimum 51% of the flour as whole grain, and equivalent ½ cup red / orange vegetable serving.

**INGREDIENTS:** Whole grain flour, proprietary red / orange vegetable blend puree, water, eggs, sugar, modified food starch, dried whey (milk), emulsifier blend (polyethylene glycol monoester, mono and diglycerides, soy lecithin, citric acid), soybean oil, leavening (sodium acid pyrophosphate, sodium bicarbonate) wheat gluten, salt, natural flavors, cinnamon, and imitation vanilla.

**ALLERGENS:** Gluten, wheat, soy, and milk.

**SERVING DIRECTIONS:** Thaw at room temperature 2 hours prior to serving.

I certify that the above information is accurate at present on this date.

**Name:** Tom Rykalsky

**Title:** CEO

**Signature:** *Tom Rykalsky* **Date:** November 2015



Nutrition Facts			
Serving Size 1 Muffin (100g)			
Servings Per Container 1			
Amount Per Serving			
Calories 195		Calories from Fat 31.5	
% Daily Values*			
Total Fat 3.5g		5%	
Saturated Fat 0g		0%	
Trans Fat 0g			
Cholesterol 0.25mg		0%	
Sodium 225mg		10%	
Total Carbohydrate 39g		13%	
Dietary Fiber 3.5g		14%	
Sugars 20g			
Protein 3.5g		7%	
Vitamin A 30%		•	Vitamin C 4%
Calcium 3.5%		•	Iron 12%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g