

Grounds For Coffee Nutritional Information

| | Serving Size (g) | Calories | Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Fiber (g) | Sugars (g) | Protein (g) | Vitamin A % DV | Vitamin C % DV | Calcium % DV | Iron % DV |
|---|------------------|----------|---------|-------------------|---------------|------------------|-------------|-------------------|-----------|------------|-------------|----------------|----------------|--------------|-----------|
| Espresso Chocolate Banana Muffin | 100 | 280 | 11 | 2 | 0 | 35 | 180 | 42 | 2 | 16 | 6 | 2 | 10 | 6 | 15 |
| Healthy Choice® Flax Muffin | 100 | 290 | 13 | 3 | 0 | 30 | 160 | 38 | 3 | 17 | 6 | 20 | 8 | 6 | 10 |
| Superfruit® Muffin | 100 | 230 | 9 | 1 | 0 | 35 | 170 | 34 | 2 | 11 | 6 | 2 | 10 | 6 | 10 |
| Cinnamon Roll (with icing) | 100 | 300 | 9 | 1.5 | 0 | 2 | 170 | 50 | 1 | 18 | 5 | 0 | 0 | 2 | 15 |
| Cinnamon Roll (without icing) | 100 | 290 | 8 | 1 | 0 | 0 | 170 | 47 | 2 | 12 | 6 | 0 | 0 | 2 | 15 |



PRODUCT OF CANADA / PRODUIT DU CANADA

GFCO CANADA COMPANY

GROUNDS FOR COFFEE CORP

www.groundsforcoffee.ca

PREPARED FOR / PRÉPARÉ POUR

GROUNDS FOR COFFEE INC.

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