

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

G FCC CANADA COMPANY

GROUNDS FOR COFFEE CORP

www.groundsforcoffee.ca

PREPARED FOR / PRÉPARÉ POUR

GROUNDS FOR COFFEE INC.

VANCOUVER, BC V6R 3R8