GF Banana A-Lishus-Creation Cupcake

Nutrition Facts

Serving Size: full recipe (1195g)
Servings Per Container: 1

Amount Per Serving

Calories 60	Calories from Fat 40
	% Daily Value*
Total Fat 4.5g	**7**%
Saturated Fat 0g	**0**%
Trans Fat 0g	
Cholesterol 20mg	**7**%
Sodium 75mg	**3**%
Total Carbohydrate 4g	**1**%
Dietary Fiber 0g	**0**%
Sugars 2g	
Protein 1g	

Vitamin A 0%	•	Vitamin C 2%
Calcium 0%	•	Iron 0%

* 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	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: GF FLOUR BLEND: (EVAPORATED CANE SUGAR, TAPIOCA STARCH, WHITE RICE FLOUR, POTATO STARCH, INULIN, GRAINLESS & ALUMINUM-FREE BAKING POWDER (SODIUM ACID PYROPHOSPHATE, POTATO STARCH, SODIUM BICARBONATE RICE BRAN, GLUTEN-FREE FLAVOR, SEA SALT, XANTHAN GUM), BANANAS, WATER, CANOLA OIL, EGGS, EGG YOLKS, BANANA EXTRACT, BAKING SODA, CINNAMON

CONTAINS: EGG

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