Apple Carrot Muffin

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| **Nutrition Facts** |
| Servings 1 |
| Amount Per Serving |
| **calories** 213 |
| **% Daily Value \*** |
| **Total Fat**1 g | **2 %** |
| Saturated Fat 1 g | **6 %** |
| Monounsaturated Fat 0 g |
| Polyunsaturated Fat 0 g |
| Trans Fat 0 g |
| **Cholesterol** 46 mg | **15 %** |
| **Sodium** 298 mg | **12 %** |
| **Potassium** 223 mg | **6 %** |
| **Total Carbohydrate** 42 g | **14 %** |
| **Dietary Fiber** 2 g | **8 %** |
| **Sugars** 18 g |  |
| **Protein** 2 g | **4 %** |
| Vitamin A | **178 %** |
| Vitamin C | **4 %** |
| Calcium | **46 %** |
| Iron | **2 %** |
| \* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA. |