



# 87

**100% Whole Wheat English Muffins 6ct 12oz. 03.21.19**

**Nutrition Facts**

6 servings per container  
**Serving size 1 Muffin (57g)**

Amount per serving  
**Calories 100**

**% Daily Value\***

<b>Total Fat 1g</b>	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 250mg</b>	<b>11%</b>
<b>Total Carbohydrate 19g</b>	<b>7%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 1g	
Includes 1g Added Sugars	<b>2%</b>
<b>Protein 6g</b>	
Vitamin D 0mcg	<b>0%</b>
Calcium 70mg	<b>6%</b>
Iron 1.1mg	<b>6%</b>
Potassium 110mg	<b>2%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** WATER, WHOLE WHEAT FLOUR, YEAST, WHEAT GLUTEN, CONTAINS LESS THAN 2% OF SUGAR, SALT, MOLASSES, YELLOW CORN MEAL, YELLOW CORN FLOUR, SOYBEAN AND/ OR CANOLA OIL, CALCIUM PROPIONATE (PRESERVATIVE), WHITE CORN MEAL, VINEGAR, FUMARIC ACID, MALTED BARLEY FLOUR, SODIUM DIACETATE, MALT POWDER, LACTIC ACID, CALCIUM SULFATE, SOY LECITHIN, HYDROGENATED SOYBEAN OIL, ENZYMES.

**ALLERGENS**

**CONTAINS:** WHEAT, SOY

03/21/2019BM

*The information provided is true and accurate to the best of our knowledge as of the date and time listed below and may be revised and/ or updated at any time without notice.*

03/21/2019 08:46 AM

