



Our Products



UPC: 71314007146

Net Weight: 12oz (0lbs 12oz)
340g

Dimensions:
11.250x4.000x2.250 IN

Products

100% Whole Wheat English Muffins

These wholesome, whole wheat English muffins make breakfast easy and delicious.

WHOLE WHEAT FLOUR, WATER, YEAST, DEGERMINATED YELLOW CORN MEAL, DEGERMINATED YELLOW CORN FLOUR, WHEAT GLUTEN, CONTAINS LESS THAN 2% OF EACH OF THE FOLLOWING: SUGAR, SALT, VINEGAR, CALCIUM PROPIONATE (A PRESERVATIVE), FUMARIC ACID, SOYBEAN OIL, POTASSIUM SORBATE (A PRESERVATIVE), DATEM, HYDROGENATED SOYBEAN OIL, WHEAT FLOUR, ASCORBIC ACID (DOUGH CONDITIONER), ENZYMES.

Contains wheat and soy ingredients.

Nutrition Facts

6 Servings per container

Serving size

1 muffin (57g)

Amount per serving

CALORIES

120

% of Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Polyunsaturated Fat

0.5g

Monounsaturated Fat

0g

Cholesterol 0mg **0%**

Sodium 170mg **7%**

Total Carbohydrate 25g **9%**

Dietary Fiber 3g **12%**

Soluble Fiber g

Insoluble Fiber g

Total Sugar 1g

Includes 1g Added

Sugars

Protein 6g

Vitamin D 1.1mcg **6%**

Calcium 80mg **6%**

Iron 1.2mg **6%**

Potassium 170mg **4%**

Thiamine .15mg **10%**

Riboflavin 0.05mg **4%**

Niacin 1.4mg **10%**

Folate 25mcg DFE (Folic Acid) **6%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

While we make every effort to post the most current product nutrition facts and ingredients on this website, your best source of product information is printed on the package you purchase.