



98% Fat Free Multi-Grain English Muffins

For the health conscious customer, these English muffins are mostly fat-free and baked with multi-grain flour adding wholesome flavor and health benefits.



No high fructose corn syrup



Zero grams of trans fats



Pareve

UPC: 071314007160

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

Specifications

Count:
22 ct. / 12 oz.

Dimensions:
11" L x 4" W x 2" H

Availability:
Tuesday

Ingredients

WATER, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHOLE WHITE WHEAT FLOUR, YEAST, WHEAT GLUTEN, CONTAINS LESS THAN 2% OF: WHOLE GRAIN OAT FLOUR, BARLEY FLAKES, CRACKED WHEAT, YELLOW CORN MEAL, WHOLE GRAIN RYE FLOUR, MILLET, FLAXSEED, ENRICHED BLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), BARLEY MALT EXTRACT, SALT, GROUND DILL SEED, GROUND CORIANDER, OAT FLAKES, SUNFLOWER SEEDS, CALCIUM SULFATE, FUMARIC ACID, ENZYMES, CALCIUM PEROXIDE, YELLOW CORN FLOUR, SODIUM STEAROYL LACTYLATE, GUAR GUM, DATEM, ASCORBIC ACID, POTASSIUM SORBATE AND CALCIUM PROPIONATE (PRESERVATIVES), SOYBEAN OIL, VINEGAR, SUGAR, MONO-AND DIGLYCERIDES, CALCIUM SILICATE.

Contains wheat ingredients.

Nutrition Facts

6 Servings per container

Serving size 1 muffin (57g)

Amount per serving

Calories 130

% 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 230mg	10%
Total Carbohydrate 22g	8%
Dietary Fiber 2g	7%
Soluble Fiber 0g	
Insoluble Fiber 0g	
Total Sugar 1g	
Includes 1g Added	

Sugars

Protein 6g

Vitamin D 0mcg	0%
Calcium 70mg	6%
Iron 1mg	6%
Potassium 90mg	2%
Thiamine 0.2mg	15%
Riboflavin 0.1mg	8%
Niacin 1mg	6%
Folate 37mcg DFE (Folic Acid)	10%

*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.

