



Our Products



UPC: 71314007160

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

Dimensions:
11.250x4.000x2.250 IN

Products

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.

WATER, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHOLE WHITE WHEAT FLOUR, YEAST, DEGERMINATED YELLOW CORN MEAL, GRAIN AND SEED BLEND (WHOLE OAT FLOUR, CRACKED WHEAT, BARLEY FLAKES, YELLOW CORN MEAL, WHEAT GLUTEN, WHOLE RYE FLOUR, FLAX SEEDS, MILLET, SESAME SEEDS, BARLEY MALT EXTRACT, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SALT, GROUND DILL SEED, GROUND CORIANDER), DEGERMINATED YELLOW CORN FLOUR, CONTAINS LESS THAN 2% OF EACH OF THE FOLLOWING: SUGAR, WHEAT GLUTEN, OAT FLAKES, SALT, CRACKED WHEAT, VINEGAR, SOYBEAN OIL, SUNFLOWER SEEDS, CALCIUM PROPIONATE (A PRESERVATIVE), FLAX SEEDS, FUMARIC ACID, POTASSIUM SORBATE (A PRESERVATIVE), DATEM, MILLET, HYDROGENATED SOYBEAN OIL, ASCORBIC ACID (DOUGH CONDITIONER), ENZYMES.

Contains wheat ingredients.

Produced on a line that processes soy ingredients.

Nutrition Facts

6 Servings per container

Serving size

1 muffin (57g)

Amount per serving

CALORIES

140

	% of Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat	
1g	
Monounsaturated Fat	
0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 27g	10%
Dietary Fiber 3g	9%
Soluble Fiber g	
Insoluble Fiber g	
Total Sugar 1g	
Includes <1g	
Added Sugars	
Protein 6g	
Vitamin D 1.2mcg	6%
Calcium 80mg	6%
Iron 1.5mg	8%
Potassium 150mg	4%
Thiamine 0.16mg	15%
Riboflavin 0.08mg	6%
Niacin 1.5mg	10%
Folate 65mcg DFE (Folic Acid)	15%

*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.