



Our Products



### Products

# 98% Fat Free Sourdough English Muffins

The sour flavor in the dough adds something extra special to these English muffins. Served cold or toasted, with jam or butter, or even plain.

UPC: 71314007153

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

Dimensions:  
11.250x4.000x2.250 IN

ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, DEGERMINATED YELLOW CORN MEAL, DEGERMINATED YELLOW CORN FLOUR, CONTAINS LESS THAN 2% OF EACH OF THE FOLLOWING: WHEAT GLUTEN, SUGAR, SALT, VINEGAR, SOYBEAN OIL, CALCIUM PROPIONATE (A PRESERVATIVE), FUMARIC ACID, DATEM, POTASSIUM SORBATE (A PRESERVATIVE), HYDROGENATED SOYBEAN OIL, CITRIC ACID (A PRESERVATIVE), WHEAT FLOUR, ASCORBIC ACID (DOUGH CONDITIONER), ENZYMES, MALTED BARLEY FLOUR.

**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*
<b>Total Fat 1.5g</b>	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
Polyunsaturated Fat	
0.5g	
Monounsaturated Fat	
0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 170mg</b>	<b>7%</b>
<b>Total Carbohydrate 28g</b>	<b>10%</b>
Dietary Fiber 1g	<b>4%</b>
Soluble Fiber g	
Insoluble Fiber g	
Total Sugar 1g	
Includes <1g	
Added Sugars	
<b>Protein 5g</b>	
Vitamin D 1.4mcg	<b>8%</b>
Calcium 90mg	<b>8%</b>
Iron 1.6mg	<b>8%</b>
Potassium 110mg	<b>2%</b>
Thiamine 0.21mg	<b>15%</b>
Riboflavin 0.13mg	<b>10%</b>
Niacin 1.7mg	<b>10%</b>
Folate 110mcg DFE (Folic Acid)	<b>25%</b>

\*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.*