



100% Whole Wheat English Muffins

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



UPC: 071314007146

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

Specifications

Count:
6 / 12 oz.

Dimensions:
11.25" L x 4" W x 2.25" H

Availability:
Tuesday



Zero grams of
trans fats



Pareve

Ingredients

WATER, WHOLE WHEAT FLOUR, WHEAT GLUTEN, YEAST, CONTAINS LESS THAN 2% OF: ACORBIC ACID, CALCIUM PROPIONATE AND POTASSIUM SORBATE (PRESERVATIVES), FUMARIC ACID, YELLOW CORN FLOUR, YELLOW CORNMEAL, SODIUM STEAROYL LACTYLATE, GUAR GUM, DATEM, MONO- AND DIGLYCERIDES, CALCIUM SULFATE, ENZYMES, CALCIUM PEROXIDE, CALCIUM SILICATE, SALT, SOYBEAN OIL, SUGAR, VINEGAR.

Contains wheat ingredients.

Nutrition Facts

6 Servings per container

Serving size

1 muffin (57g)

Amount per serving

Calories

110

% of Daily Value*

Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 21g	8%
Dietary Fiber 3g	11%
Soluble Fiber 0g	
Insoluble Fiber 2g	
Total Sugar 1g	
Includes 1g Added Sugars	

Protein 6g

Vitamin D 0mcg	0%
Calcium 63mg	4%
Iron 1mg	6%
Potassium 115mg	2%
Thiamine 0.2mg	15%
Riboflavin 0.1mg	8%
Niacin 2mg	15%
Folate (Folic Acid)	0%

*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.



0 71314 00714 6