



100% Whole Wheat English Muffins



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:
Thursday

Wake up to the wholesome benefits of whole wheat, with plenty of nooks and crannies for butter, jam, jelly, peanut butter—whatever, we won't judge.



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. May contain sesame seeds.

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.

