



## 100% Whole Wheat English Muffins

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.



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



Zero grams of  
trans fats



Pareve

## Ingredients

WATER, WHOLE WHEAT FLOUR, WHEAT GLUTEN, YEAST, CONTAINS LESS THAN 2% OF: ASCORBIC 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*
<b>Total Fat 1g</b>	<b>1%</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 21g</b>	<b>8%</b>
Dietary Fiber 3g	<b>11%</b>
Soluble Fiber 0g	
Insoluble Fiber 2g	
Total Sugar 1g	
Includes 1g Added Sugars	
<b>Protein 6g</b>	

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

