



## 98% Fat Free Sourdough English Muffins



UPC: 071314007153

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

### Specifications

**Count:**  
6 / 12 oz.

**Dimensions:**  
11" L x 4" W x 2" H

**Availability:**  
Thursday, Saturday

Add a kick to your morning with the tangy flavor of sourdough and plenty of nooks and crannies for more butter, jam or jelly. Cocka-doodle-licious!



No high  
fructose corn  
syrup



Zero grams of  
trans fats



Pareve

### Ingredients

ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, CONTAINS LESS THAN 2% OF: ASCORBIC ACID, CALCIUM PROPIONATE AND POTASSIUM SORBATE (PRESERVATIVES), FUMARIC ACID, YELLOW CORN FLOUR, YELLOW CORNMEAL, DATEM, CALCIUM SILICATE, ENZYMES, SALT, SOYBEAN OIL, SUGAR, CITRIC ACID, WHEAT GLUTEN, VINEGAR.

Contains wheat ingredients. May contain sesame seeds.

### Nutrition Facts

6 Servings per container

Serving size 1 muffin (57g)

Amount per serving

**Calories 130**

	% of Daily Value*
<b>Total Fat 1g</b>	<b>1%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 240mg</b>	<b>10%</b>
<b>Total Carbohydrate 25g</b>	<b>9%</b>
Dietary Fiber 1g	4%
Soluble Fiber 0g	
Insoluble Fiber 0g	
Total Sugar 1g	
Includes 1g Added Sugars	
<b>Protein 4g</b>	
Vitamin D 0mcg	0%
Calcium 57mg	4%
Iron 1mg	6%
Potassium 45mg	0%
Thiamine 0.3mg	25%
Riboflavin 0.2mg	15%
Niacin 3mg	20%
Folate (Folic Acid)	25%

\*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.



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