



Live Carb Smart® English Muffins

Fresh-baked and full of nooks and crannies, just waiting for your favorite toppings—a keto-friendly way to celebrate getting out of bed, or midnight snack time.



UPC: 071314049795

Net Weight: 10.5oz (0lbs 10.5oz) 298g

Specifications

Count:
6 / 10.5 oz.

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

Availability:
Saturday



No high
fructose corn
syrup



Zero grams of
trans fats



Pareve

Ingredients

WATER, MODIFIED WHEAT STARCH, WHEAT PROTEIN ISOLATE, INULIN, OAT FIBER, WHEAT GLUTEN, YEAST, YELLOW CORN FLOUR, YELLOW CORNMEAL, WHEAT PROTEIN, CULTURED WHEAT FLOUR, SUGAR, SALT, SOYBEAN OIL, VINEGAR, POTASSIUM SORBATE (PRESERVATIVE), FUMARIC ACID, MALTODEXTRIN, TRIGLYCERIDES, CORN STARCH, NATURAL FLAVORS, NATAMYCIN (PRESERVATIVE), ASCORBIC ACID.

Contains wheat ingredients. May contain sesame seeds.

Nutrition Facts

6 Servings per container

Serving size 1 muffin (50g)

Amount per serving

Calories 70

| | % 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 200mg | 9% |
| Total Carbohydrate 19g | 7% |
| Dietary Fiber 12g | 43% |
| Soluble Fiber 0g | |
| Insoluble Fiber 12g | |
| Total Sugar 1g | |
| Includes 1g Added Sugars | |
| Protein 9g | |
| Vitamin D 0mcg | 0% |
| Calcium 60mg | 5% |
| Iron 0mg | 0% |
| Potassium 30mg | 0% |

