



## Live Carb Smart® English Muffins

Trying to watch your carbs? Now  
you can Live Carb Smart®.



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:**  
Friday



No high  
fructose corn  
syrup



Zero grams of  
trans fats



Pareve

### Ingredients

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

Contains wheat ingredients.

### Nutrition Facts

6 Servings per container

Serving size

1 muffin (50g)

Amount per serving

**Calories**

**80**

% of Daily Value\*

<b>Total Fat 0.5g</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 210mg</b>	<b>9%</b>
<b>Total Carbohydrate 20g</b>	<b>7%</b>
Dietary Fiber 11g	<b>39%</b>
Soluble Fiber 1g	
Insoluble Fiber 9g	
Total Sugar 1g	
Includes 0g Added Sugars	

### Protein 8g

Vitamin D 0mcg	<b>0%</b>
Calcium 60mg	<b>6%</b>
Iron 0.5mg	<b>2%</b>
Potassium 30mg	<b>0%</b>

\*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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