

Multigrain English Muffin-

01/06/2009

Nutrition Facts	
Serving Size 1 muffin 2.0oz. (57g)	
Servings Per Container 6	
Amount Per Serving	
Calories 110	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 19g	6%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 6g	
Vitamin A 0%	• Vitamin C 0%
Calcium 6%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Water, Enriched Bleached Wheat Flour (Wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, and folic acid), Fine Whole Wheat Flour, Wheat Gluten, Cream Yeast, Fiber Base (Oat flakes, cracked wheat, sunflower seeds, flax seeds, and millet.), Grain Base (Oat flour, barley flakes, cracked wheat, corn meal, wheat gluten, rye meal, millet, flax seed, wheat flour, malt, Contains 2% or less of the following: salt and spices.), Wheat Muffin Base (Whole wheat flour, calcium sulfate, wheat starch, salt, dextrose, guar gum, lactic acid, mono-diglycerides, fumaric acid, ethoxylated mono-diglycerides, Contains 2% or less of the following: acetic acid, sucralose, potassium iodate, azodicarbonamide, calcium peroxide, and enzyme.), High Fructose Corn Syrup, Contains 2% or less of the following: Dough Improver (Wheat flour, sodium stearoyl lactylate, guar gum, diacetyl tartaric acid esters of mono-diglycerides (DATEM), mono-diglycerides, Contains 2% or less of: Calcium sulfate, ascorbic acid, azodicarbonamide, enzyme, and calcium peroxide), Kosher Salt, Soybean Oil, Dough Enhancing Agent (Ascorbic acid and other edible excipients), Fumaric Acid, Yellow Corn meal, and Calcium Propionate and Potassium Sorbate (preservatives), and Soy Lecithin.

Contains Wheat and Soy.

Whole Grain English Muffins

01/06/2009

Nutrition Facts	
Serving Size 1 muffin 2.0oz. (57g)	
Servings Per Container 6	
Amount Per Serving	
Calories 90	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 20g	7%
Dietary Fiber 4g	16%
Sugars 1g	
Protein 6g	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Water, Enriched Bleached Wheat Flour (Wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, and folic acid), Whole Grain Flour, Wheat Gluten, Oat Fiber, Cream Yeast, Fiber Base (Oat flakes, cracked wheat, sunflower seeds, flax seeds, and millet.), Grain Base (Oat flour, barley flakes, cracked wheat, corn meal, wheat gluten, rye meal, millet, flax seed, wheat flour, malt, Contains 2% or less of the following: salt and spices.), Wheat Muffin Base (Whole wheat flour, calcium sulfate, wheat starch, salt, dextrose, guar gum, lactic acid, mono-diglycerides, fumaric acid, ethoxylated mono-diglycerides, Contains 2% or less of the following: acetic acid, sucralose, potassium iodate, azodicarbonamide, calcium peroxide, and enzyme.), Contains 2% or less of the following: High Fructose Corn Syrup, Dough Enhancer (Wheat flour, sodium stearyl lactylate, guar gum, DATEM, mono-diglycerides, Contains 2% or less of: Calcium sulfate, ascorbic acid, azodicarbonamide, enzyme, and calcium peroxide), Salt, Soybean Oil, Ascorbic acid as a Dough Improver, Fumaric Acid, Degerminated Yellow Corn Flour, Degerminated Yellow Corn Meal, Calcium Propionate, Potassium Sorbate (preservatives) and Soy Lecithin.

Contains: Wheat, Soy.

Wheat English Muffins

01/06/2009

Nutrition Facts			
Serving Size 1 muffin 2oz (57g)			
Servings Per Container 6			
Amount Per Serving			
Calories 110	Calories from Fat 10		
	% Daily Value*		
Total Fat 1g	2%		
Saturated Fat 0g	0%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 220mg	9%		
Total Carbohydrate 22g	7%		
Dietary Fiber 1g	4%		
Sugars 1g			
Protein 5g			
Vitamin A 0%	• Vitamin C 2%		
Calcium 15%	• Iron 6%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

INGREDIENTS: Enriched Wheat Flour (Wheat flour, malted barley flour, niacin, reduced iron, thiamine, mononitrate, riboflavin, and folic acid), Water, Fine Whole Wheat Flour, Cream Yeast, High Fructose Corn Syrup, English Muffin Base (Sugar, calcium salts, wheat gluten, calcium propionate, diacetyl tartaric acid esters of mono diglycerides (DATEM), citric acid, wheat flour, fumaric acid, salt, malted barley flour, calcium citrate, and ascorbic acid), Wheat Gluten, Dough Conditioners, Kosher Salt, Contains 2% or less of the following: Dough Strengthener, Soybean Oil, Vinegar, Carmel Color, Fumaric Acid, Cornmeal and Potassium Sorbate (a preservative).

Contains: Wheat, Soy

100% Whole Wheat English Muffins

01/06/2009

Nutrition Facts			
Serving Size 1 muffin 2.0oz. (57g)			
Servings Per Container 6			
Amount Per Serving			
Calories 100	Calories from Fat 5		
% Daily Value*			
Total Fat 0.5g	1%		
Saturated Fat 0g	0%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 55mg	2%		
Total Carbohydrate 19g	6%		
Dietary Fiber 2g	8%		
Sugars 3g			
Protein 5g			
Vitamin A 0%	• Vitamin C 4%		
Calcium 15%	• Iron 4%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

INGREDIENTS: Water, Whole Wheat Flour, English Muffin Base (Sugar, wheat gluten, calcium propionate [a preservative], DATEM, citric acid, fumaric acid, salt, malted barley flour, and ascorbic acid), Wheat Gluten, Cream Yeast, High Fructose Corn Syrup, Contains 2% or Less of the Following: Dough Improver (Wheat flour, sodium stearoyl lactylate, guar gum, DATEM, mono-diglycerides, Calcium sulfate, ascorbic acid, azodicarbonamide, enzyme, and calcium peroxide), Soybean Oil, Salt, Fumaric Acid, Degerminated Yellow Corn Flour, Degerminated Yellow Corn Meal, Calcium Propionate and Potassium Sorbate (preservatives) and Soy Lecithin.

Contains: Wheat, Soy.

Honey Wheat English Muffin

01/06/2009

Nutrition Facts

Serving Size 1 muffin 2oz. (57g)
 Servings Per Container 6

Amount Per Serving

Calories 110 **Calories from Fat 5**

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 220mg **9%**

Total Carbohydrate 21g **7%**

Dietary Fiber 1g **4%**

Sugars 2g

Protein 5g

Vitamin A 0% • Vitamin C 0%

Calcium 4% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories	2,000	2,500
Total Fat	Less Than	65g	80g	
Saturated Fat	Less Than	20g	25g	
Cholesterol	Less Than	300mg	300 mg	
Sodium	Less Than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Enriched Bleached Wheat Flour (Wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, and folic acid), Water, Whole Wheat Flour, Cream Yeast, High Fructose Corn Syrup, Wheat Gluten, Contains 2% or less of the following: Honey, English Muffin Base (Encapsulated sodium bicarbonate, baking powder[sodium acid pyrophosphate, sodium bicarbonate, corn starch, mono-calcium phosphate, calcium sulfate], fumaric acid, mono-calcium phosphate, calcium sulfate, corn starch, salt, and ammonium chloride.), Vinegar, Salt, Honey Flavor, Soybean Oil, Baking Powder, Calcium Propionate (a preservative), Fumaric Acid, Degerminated Yellow Corn Flour, Degerminated Yellow Corn Meal, Potassium Sorbate (a preservative) and Soy Lecithin.

Contains: Wheat, Soy.

French Toast English Muffins

01/06/2009

Nutrition Facts			
Serving Size 1 Muffin 2 oz (57g)			
Servings Per Container 6			
Amount Per Serving			
Calories 120	Calories from Fat 10		
% Daily Value*			
Total Fat 1g	2%		
Saturated Fat 0g	0%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 190mg	8%		
Total Carbohydrate 24g	8%		
Dietary Fiber 1g	4%		
Sugars 4g			
Protein 5g			
Vitamin A 0%	• Vitamin C 2%		
Calcium 15%	• Iron 6%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	• Carbohydrate 4	• Protein 4

INGREDIENTS: Enriched Wheat Flour (Wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, and folic acid), Water, Maple Flavor (Sugar, wheat flour, corn cereal, natural and artificial flavor, soybean oil, and fructose), Cream Yeast, High Fructose Corn Syrup, Muffin Base (Sugar, calcium salts, wheat gluten, wheat flour, diacetyl tartaric acid esters of mono diglycerides (DATEM), citric acid, fumaric acid, salt, malted barley flour, and ascorbic acid), Contains 2% or Less of the following: Wheat Gluten, Raisin Juice, Kosher Salt, Dough Conditioner, Molasses, Soybean Oil, Yellow Color (Yellow corn flour, spice oils (turmeric and annatto, imparts color) and sunflower oil), Natural and Artificial Flavoring, Natural Butter Type Flavor, Cornmeal, Sugar, and Calcium Propionate and Potassium Sorbate (preservatives).

Contains Wheat.Soy

Lite English Muffin

01/06/2009

Nutrition Facts	
Serving Size 1 muffin 2oz. (57g)	
Servings Per Container 6	
Amount Per Serving	
Calories 90	Calories from Fat 5
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 20g	7%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 5g	
Vitamin A 0%	• Vitamin C 2%
Calcium 2%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Water, Enriched Bleached Wheat Flour (Wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, and folic acid), Fiber Base (Cottonseed fiber, wheat flour, vital wheat gluten, sodium stearoyl lactylate, xanthan gum, and polysorbate 60), Cream Yeast, English Muffin Base (Sugar, vital wheat gluten, calcium propionate [a preservative], DATEM, citric acid, fumaric acid, salt, malted barley flour, and ascorbic acid), Contains 2% or less of the following: Salt, High Fructose Corn Syrup, Soybean Oil, Dough Enhancing Agents (Wheat flour, sodium stearoyl lactylate, guar gum, DATEM, mono-diglycerides, Contains 2% or less of: Calcium sulfate, ascorbic acid, azodicarbonamide, enzyme, and calcium peroxide), Vinegar, Degerminated Yellow Corn Flour, Degerminated Yellow Corn Meal, Potassium Sorbate (a preservative), and Soy Lecithin.

Contains Wheat, Soy.