

Cinnamon Raisin English Muffin

01/06/2009

<b>Nutrition Facts</b>	
Serving Size 1 muffin 2.0oz. (57g)	
Servings Per Container 6	
Amount Per Serving	
<b>Calories 110</b>	Calories from Fat 5
% Daily Value*	
<b>Total Fat 0g</b>	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	0%
<b>Sodium 200mg</b>	8%
<b>Total Carbohydrate 24g</b>	8%
Dietary Fiber 1g	4%
Sugars 5g	
Protein 4g	
Vitamin A 0%	• Vitamin C 2%
Calcium 10%	• 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:** Enriched Bleached Wheat Flour (Wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, and folic acid), Water, Raisins, Cream Yeast, Contains 2% or less of the following: English Muffin Base (Sugar, wheat gluten, calcium propionate [a preservative], DATEM, citric acid, fumaric acid, salt, malted barley flour, and ascorbic acid), Wheat Gluten, Azodicarbonamide, Enzyme and other edible excipients, Salt, Soybean Oil, Cinnamon, Fumaric Acid, Degerminated Yellow Corn Flour, Degerminated Yellow Corn Meal, Calcium Propionate and Potassium Sorbate (preservatives), and Soy Lecithin.

Contains Wheat, Soy.