

Plain 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 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 23g	8%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 5g	
Vitamin A 0%	Vitamin C 4%
Calcium 10%	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, Cream Yeast, English Muffin Base (Wheat gluten, calcium propionate, 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, Dough Enhancing Agent (Azodicarbonamide), Kosher Salt, Soybean Oil, Vinegar, Fumaric Acid, Yellow Corn Meal, Calcium Propionate and Potassium Sorbate (preservatives) and Soy Lecithin.

Contains Wheat and Soy.