

Sour Dough English Muffin-

01/06/2009

<b>Nutrition Facts</b>	
Serving Size 1 muffin 2oz. (57g)	
Servings Per Container 6	
Amount Per Serving	
<b>Calories 110</b>	<b>Calories from Fat 10</b>
% Daily Value*	
<b>Total Fat 1g</b>	<b>2%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 230mg</b>	<b>10%</b>
<b>Total Carbohydrate 22g</b>	<b>7%</b>
Dietary Fiber 1g	4%
Sugars 1g	
<b>Protein 5g</b>	
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 (Bleached Wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, and folic acid), Water, Cream Yeast, English Muffin Base (Sugar, vital 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, Azodicarbonamide, Kosher Salt, Soybean Oil, Calcium Propionate (a preservative), Vinegar, Sour flavoring (Citric Acid, salt, and calcium citrate), Fumaric Acid, Yellow Corn Meal, Potassium Sorbate ( a preservative) and Soy Lecithin.

Contains Wheat and Soy.