

Wheat English Muffins

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>
	<b>% Daily Value*</b>
<b>Total Fat 1g</b>	<b>2%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 220mg</b>	<b>9%</b>
<b>Total Carbohydrate 22g</b>	<b>7%</b>
Dietary Fiber 1g	4%
Sugars 1g	
<b>Protein 5g</b>	
<b>Vitamin A 0%</b>	• <b>Vitamin C 2%</b>
<b>Calcium 15%</b>	• <b>Iron 6%</b>
*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