

Nutrition Facts (Microwave)	
Serving Size	1 Each
Amount Per Serving	
Calories	340
% Daily Value*	
Total Fat 2 g	
Saturated Fat 8 g	
Cholesterol 45 mg	
Sodium 670 mg	
Total Carbohydrate 23 g	
Dietary Fiber 2 g	
Sugar 2 g	
Added Sugar 1 g	
Protein 12 g	
Potassium 201 mg	
Calcium 146 mg	
Iron 1 mg	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: English Muffin (Flour Blend (Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid)), Water, Yeast, Contains 2% Or Less Of The Following: Honey, Cornmeal, Dextrose, Wheat Gluten, Distilled Vinegar, Salt, Calcium Propionate, Non-Gmo Soybean Oil, Monoglycerides, Propionic Acid, Phosphoric Acid, Fumaric Acid, Hydrogenated Soybean Oil, Calcium Sulfate, Ascorbic Acid, Enzymes, Calcium Phosphate, Potassium Sorbate, Mineral Oil (Processing Aid), Nonfat Dry Milk), Pork Sausage (Pork, Water, Salt, Corn Syrup Solids, Spices, Sugar, Dextrose, Spice Extractives, Bht, Propyl Gallate, Citric Acid), Processed Cheddar Cheese (Cultured Milk, Water, Cream, Sodium Phosphates, Salt, Sorbic Acid (Preservatives), Vegetable Color (Annatto And Paprika Extract), Enzymes).

CONTAINS: Milk, and Wheat.