



Cholesterol Free Food



Low Fat



0g Trans Fat

Ingredients:

ENRICHED **WHEAT FLOUR** [FLOUR, MALTED BARLEY FLOUR, REDUCED IRON, NIACIN, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID], WATER, FARINA, YEAST, SALT, SUGAR, CALCIUM PROPIONATE AND SORBIC ACID (TO PRESERVE FRESHNESS), SOYBEAN OIL, WHEAT GLUTEN, GRAIN VINEGAR, **SOY LECITHIN**, SOY, **WHEY (MILK)**.

Available sizes:

4 pack

6 pack

9 pack

12 pack

18 pack

24 pack

Nutrition Facts

Serving Size 1 muffin (57g)

Servings Per Container 6

Amount Per Serving

Calories 130

Calories from Fat 10

% Daily Value*		
Total Fat	1g	2%
Saturated Fat	0g	0%
Trans Fat	0g	
Polyunsaturated Fat	0g	
Monounsaturated Fat	0g	
Cholesterol	0mg	0%
Sodium	210mg	9%
Total Carbohydrate	24g	8%
Dietary Fiber	less than 1g	4%
Sugars	less than 1g	
Protein	4g	

Vitamin A 0% Vitamin C 0%

Calcium 8% Iron 8%

Thiamin 15% Riboflavin 8%

Niacin 8% Folic Acid 10%

*Percent (%) Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300mg	375mg
Dietary Fiber		25g	30g