

# Market Plain English Muffin

NET WT 12 oz

BR DC26 Formula #88207

Last Updated: 1-7-14

<b>Nutrition Facts</b>			
Serving Size 1 Muffin (57g)			
Serving Per Container 6			
<b>Amount Per Serving</b>			
<b>Calories</b> 150		Calories from Fat 10	
		<b>% Daily Value</b>	
<b>Total Fat</b> 1.5g			2%
Saturated Fat 0g			0%
Trans Fat 0g			
Polyunsaturated Fat 0.5g			
Monounsaturated Fat 0g			
<b>Cholesterol</b> 0mg			0%
<b>Sodium</b> 220mg			9%
<b>Potassium</b> 75mg			2%
<b>Total Carbohydrate</b> 30g			10%
Dietary Fiber 1g			4%
Sugars less than 1g			
<b>Protein</b> 5g			
Vitamin A 0%	Vitamin C 0%		
Calcium 30%	Iron 10%		
Thiamin 25%	Riboflavin 10%		
Niacin 10%	Folic Acid 15%		
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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

**INGREDIENTS:** Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Yeast, Contains 2% or less of the following: Degerminated Yellow Corn Meal, High Fructose Corn Syrup, Calcium Propionate (A Preservative), White Rice Flour, Salt, Soybean Oil, Degerminated Yellow Corn Flour, Calcium Sulfate, Sodium Stearoyl Lactylate, Vinegar, Calcium Carbonate, Potassium Sorbate (A Preservative), Citric Acid, Calcium Citrate.

Contains: Wheat and Soy.

Claims: Low Fat

0g Trans Fat

Cholesterol Free

Excellent Source of Calcium and Thiamin

Good Source of Iron,

Riboflavin, Niacin and Folic Acid