

Metropolitan Baking Co.



6210 - English Muffins 144cs

Enriched Bleached Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Yeast, Contains 2% of Less of: Azodicarbonamide, Sugar, Wheat Gluten, Calcium Propionate (Preservatives), DATEM, Citric Acid, Fumaric Acid, Salt, Ascorbic Acid, Degerminated Yellow Corn Flour, Degerminated Yellow Cornmeal, Potassium Sorbate (Preservatives), Soybean Oil, Vinegar.
 Contains: WHEAT

Manufactured in a facility that uses: MILK, EGGS, SOY, various CEREAL GRAINS, SESAMESUNFLOWER, POPPY and other SEEDS.

Nutrition Facts			
Serving Size 1 muffin (57g)			
Servings Per Container 12			
Amount Per Serving			
Calories 130	Calories from Fat 10		
% Daily Value*			
Total Fat 1g			2%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 250mg			10%
Total Carbohydrate 24g			8%
Dietary Fiber 1g			4%
Sugars 1g			
Protein 5g			
Vitamin A 0%		•	Vitamin C 2%
Calcium 6%		•	Iron 10%
*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	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
		Fat 9	• Carbohydrate 4 • Protein 4