



Metropolitan Baking Co.

ENGLISH MUFFINS

Product Sell Sheet

Product Code: 6120

Metropolitan 2.1 oz Plain Sliced English Muffins are fully baked, sliced, and ready to serve. Each muffin offers an off-white interior, golden-brown toasted appearance, open porous crumb, and unique baked flavor. Built for dependable foodservice performance, this 12-count printed bag format supports frozen storage flexibility, consistent portioning, and broad breakfast or sandwich menu appeal.

Physical Description

Diameter	3.75" (+/- 0.25")
Muffin Height	1.25" (+/- 0.25")
Finish Weight	60g LCL Target 63g UCL 66g

Box/Pallet Specifications

Corrugated case	200 lb corrugated C flute, plain
Case dimensions	22 1/4 L x 14 3/4 W x 6 1/2 H
Case cube	1.23 ft ³
Pallet pattern	5 TI x 10 HI 50 cases per skid 7,200 pieces per pallet

Inner Package

Packaging	12-count printed bag, heat sealed
Unit label weight	26 oz / 744 g
Package format	sliced English muffins

Case Specifications

Per case	12-count printed bag, heat sealed
Per case	26 oz / 744 g
Case net weight	sliced English muffins
Gross case weight	21 lbs

Ingredients:

Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Yeast, Contains 2% of Less of: Sugar, Wheat Gluten, Datem, Citric Acid, Fumaric Acid, Salt, Ascorbic Acid, Yellow Corn Flour, Yellow Cornmeal, Calcium Propionate and Potassium Sorbate (Preservatives), Soybean Oil, Calcium sulfate, Acacia Gum, Enzymes, Calcium Phosphate, Vinegar.

Contains: WHEAT



Nutrition Facts

12 servings per container	
Serving size	1 muffin (57g)
Amount Per Serving	
Calories	130
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	10%
Total Carbohydrate 24g	9%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 1g Added Sugars	2%
Protein 4g	8%
Vitamin D 1mcg	4%
Calcium 98mg	8%
Iron 1mg	6%
Potassium 46mg	0%
* 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.	

Interested in adding Metropolitan English Muffins to your menu or shelves? Contact us for availability, pack sizes, and pricing.

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