

THE ALTERNATIVE ENGLISH MUFFINS



Nutrition and Ingredient Information

PLAIN

Nutrition Facts		
Serving Size	2.0 oz (57g)	
Servings Per Container	6 Alternative English Muffins	
Amount per Serving		
Calories	100	
Calories from Fat	0	
		% Daily Value *
Total Fat	1 g	2 %
Saturated Fat	0 g	0 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	210 mg	9 %
Total Carbohydrate	19 g	6 %
Dietary Fiber	4 g	16 %
Sugars	1 g	
Protein	4 g	
Vitamin A	0 %	
Vitamin C	6 %	
Calcium	15 %	
Iron	0 %	
*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	65 g 80 g
Saturated Fat	Less than	20 g 25 g
Cholesterol	Less than	300 mg 300 mg
Sodium	Less than	2400 mg 2400 mg
Total Carbohydrate		300 g 375 g
Dietary Fiber		25 g 30 g
Calories per gram:		
Fat		9
Carbohydrate		4
Protein		4

Ingredients: WATER, WHEAT FLOUR, OAT FIBER CORN STARCH, VITAL WHEAT GLUTEN, CALCIUM SULFATE, SUGAR, DEXTROSE, YEAST, CALCIUM PROPIONATE, LACTIC ACID, FUMARIC ACID, CALCIUM PEROXIDE, SALT, ARTIFICIAL FLAVOR, VEGETABLE SHORTENING (PARTIALLY HYDROGENATED SOYBEAN OIL), DIATYL TARTARIC ACID, ESTERS OF MONO AND DIGLYCERIDES (DATEM), ASCORBIC ACID, AZODICARBONAMIDE (ADA), ENZYMES.

