Honey Wheat English Muffins

Nutrition Facts

Serving Size 1 MUFFIN (57 G/ 2.0 OZ)

Servings Per Container 6

Amount Per Serving

Calories	130	Calories from Fat	10

		% DAILY VALUE *
Total Fat	1.5 g	2 %
Saturated Fat	0 g	0 %
Trans Fat	0 g	
Polyunsaturated Fat	0.5 g	
Monounsaturated Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	230 mg	10 %
Total Carbohydrate	26 g	9 %
Dietary Fiber	1 g	6 %
Sugars	2 g	
Protein	5 g	

Vitamin A	20 %	Vitamin C	0 %
Calcium	25 %	Iron	10 %
Vitamin D	15 %	Vitamin E	25 %
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 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