



Homestead Baking Company
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English Muffins
 Breads
 and Rolls

10112 - Wheat English

Nutrition Facts

Wheat English Muffins

Serving Size 1 ENG (57 g)

Serving Per Container 12

Nutrient	Values	Unit	% Daily Value
Calories	130	kcal	
Calories From Fat	15	kcal	
Total Fat	1.5	g	3 %
Saturated Fat	0	g	0 %
Trans Fat	0	g	
Cholesterol	0	mg	0 %
Sodium	240	mg	10 %
Total Carbohydrate	24	g	8 %
Dietary Fiber	3	g	12 %
Sugars	1	g	
Protein	6	g	
Vitamin A			0 %
Vitamin C			0 %
Calcium			10 %
Iron			8 %
Required when a cholesterol or other fatty acid is made:			
Polyunsaturated Fat	1	g	
Monounsaturated Fat	0	g	
Required when an enrichment claim is made:			
Thiamine			20 %
Riboflavin			6 %
Niacin			10 %
Folate			8 %

Ingredients: Water, Whole Wheat Flour, Enriched Flour, (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Yeast, Wheat Gluten, contains less than 2% of each of the following: Soybean Oil, High Fructose Corn Syrup, Salt, Calcium Propionate (perservative) Fumaric Acid, Baking Soda, Monocalcium Phosphate, Calcium Sulfate, Ammonium Sulfate.

THIS PRODUCT IS MADE WITH 80% WHOLE GRAINS

This product was manufactured in a facility that processes eggs, soy, wheat, wheat gluten and other grains and seeds.
 Products may contain trace amount of these items.