

NUTRITIONAL FACTS

Wolfeman's

44-piece Gourmet English Muffin Assortment

SAN FRANCISCO STYLE SOURDOUGH MINI ENGLISH MUFFINS

Nutrition Facts

Serving Size 2 English Muffins (67g)

Servings Per Container About 6

Amount per Serving

Calories 130 **Calories from Fat** 5

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 510mg **21%**

Total Carbohydrate 28g **9%**

Dietary Fiber 1g **4%**

Sugars 0g

Protein 4g

Vitamin A 0% • **Vitamin C** 0%

Calcium 15% • **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	
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	

INGREDIENTS: ENRICHED BLEACHED WHEAT FLOUR (WITH MALTED BARLEY FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, DEGERMINATED CORN MEAL AND CORN FLOUR, CONTAINS 2% OR LESS OF THE FOLLOWING: LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM SULFATE, CALCIUM SULFATE, MONOCALCIUM PHOSPHATE), SALT, PRESERVATIVES (CALCIUM PROPIONATE, SORBIC ACID, POTASSIUM SORBATE), DISTILLED VINEGAR, STARTER CULTURE (CANDIDA HUMILIS, LACTOBACILLUS SANFRANCISCENSIS), CORNSTARCH, CITRIC ACID.

CONTAINS WHEAT

M50701-0000
0645 SF

NET WT
12 oz (340g)

NUTRITIONAL FACTS

Wolferman's

44-piece Gourmet English Muffin Assortment

MULTI GRAIN HONEY SIGNATURE ENGLISH MUFFIN

Nutrition Facts

Serving Size 1 English Muffin (103g)

Servings Per Container About 4

Amount per Serving

Calories 260 **Calories from Fat** 15

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 350mg **15%**

Total Carbohydrate 53g **18%**

Dietary Fiber 3g **12%**

Sugars 8g

Protein 9g

Vitamin A 0% • **Vitamin C** 0%

Calcium 10% • **Iron** 20%

*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	

INGREDIENTS: ENRICHED BLEACHED WHEAT FLOUR (WITH MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SUGAR, MULTIGRAIN MIX (BRAN, WHOLE WHEAT FLOUR, SOY FLOUR, TRITICALE [WHEAT] FLOUR, RYE MEAL, FLAXSEED FLOUR, ROLLED OATS, CORN MEAL, CRACKED WHEAT, MALTED BARLEY FLOUR), YEAST, OAT GROATS, BULGUR WHEAT, HONEY, CONTAINS 2% OR LESS OF THE FOLLOWING: WHEAT GLUTEN, SALT, CORN FLOUR, LACTIC ACID, FUMARIC ACID, SODIUM ALUMINUM SULFATE, CALCIUM SULFATE, CORNSTARCH, CORN MEAL, SOYBEAN OIL, DEXTROSE, WHEY (MILK), WHEAT STARCH, FRUCTOSE, NATURAL FLAVOR, CARAMEL COLOR, PRESERVATIVES (CALCIUM PROPIONATE, POTASSIUM SORBATE).

CONTAINS MILK, SOY, WHEAT

M50585-0000
0635 SF

NET WT
14.5 oz (411g)

NUTRITIONAL FACTS

Wolferman's

44-piece Gourmet English Muffin Assortment

CRANBERRY CITRUS MINI ENGLISH MUFFIN

Nutrition Facts

Serving Size 2 English Muffins (57g)

Servings Per Container About 6

Amount per Serving

Calories 140 **Calories from Fat** 0

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 220mg **9%**

Total Carbohydrate 28g **9%**

Dietary Fiber 1g **4%**

Sugars 5g

Protein 4g

Vitamin A 0% • **Vitamin C** 0%

Calcium 0% • **Iron** 8%

*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	

INGREDIENTS: ENRICHED BLEACHED WHEAT FLOUR (WITH MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, CRANBERRIES (WITH SUGAR, SUNFLOWER OIL), YEAST, SUGAR, CONTAINS 2% OR LESS OF THE FOLLOWING: WHEAT GLUTEN, ORANGE PEEL, SALT, SODIUM BICARBONATE, SODIUM ALUMINUM SULFATE, DISTILLED VINEGAR, LACTIC ACID, FUMARIC ACID, MONOCALCIUM PHOSPHATE, CALCIUM SULFATE, CORNSTARCH, CORN MEAL, CORN FLOUR, SOYBEAN OIL, NATURAL FLAVOR, WHEY (MILK), SOY FLOUR, PRESERVATIVES (CALCIUM PROPIONATE, POTASSIUM SORBATE).

M50604-0000
0645 SF

NET WT
12 oz (340g)

CONTAINS MILK, SOY,
WHEAT

NUTRITIONAL FACTS

Wolfeman's

44-piece Gourmet English Muffin Assortment

CINNAMON RAISIN TRADITIONAL ENGLISH MUFFIN

Nutrition Facts

Serving Size 1 English Muffin (57g)

Servings Per Container About 6

Amount per Serving

Calories 150 **Calories from Fat** 0

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 230mg **10%**

Total Carbohydrate 31g **10%**

Dietary Fiber 2g **8%**

Sugars 8g

Protein 4g

Vitamin A 0% • **Vitamin C** 0%

Calcium 0% • **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	
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	

INGREDIENTS: ENRICHED BLEACHED WHEAT FLOUR (WITH MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, RAISINS, SUGAR, YEAST, CORN CEREAL, CONTAINS 2% OR LESS OF THE FOLLOWING: CINNAMON, WHEAT GLUTEN, SALT, DISTILLED VINEGAR, FUMARIC ACID, LACTIC ACID, MONOCALCIUM PHOSPHATE, SODIUM BICARBONATE, CORNSTARCH, SODIUM ALUMINUM SULFATE, CALCIUM SULFATE, CORN MEAL, CORN FLOUR, SOYBEAN OIL, WHEY (MILK), SOY FLOUR, PRESERVATIVES (CALCIUM PROPIONATE, POTASSIUM SORBATE).

M50591-0000
0645 SF

NET WT
12 oz (340g)

CONTAINS MILK, SOY,
WHEAT

NUTRITIONAL FACTS

Wolferman's

44-piece Gourmet English Muffin Assortment

CHERRY BLOSSOM SIGNATURE ENGLISH MUFFIN

Nutrition Facts

Serving Size 1 English Muffin (106g)

Servings Per Container About 4

Amount per Serving

Calories 230 **Calories from Fat** 10

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 470mg **20%**

Total Carbohydrate 46g **15%**

Dietary Fiber 2g **6%**

Sugars 6g

Protein 8g

Vitamin A 0% • **Vitamin C** 0%

Calcium 15% • **Iron** 15%

*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	

INGREDIENTS: ENRICHED BLEACHED WHEAT FLOUR (WITH MALTED BARLEY FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, SUGAR, CHERRIES, BROWN SUGAR (SUGAR, CANE SYRUP), CONTAINS 2% OR LESS OF THE FOLLOWING: WHEAT GLUTEN, DEGERMINATED CORN MEAL AND CORN FLOUR, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), SALT, PRESERVATIVES (CALCIUM PROPIONATE, POTASSIUM SORBATE), PARTIALLY HYDROGENATED SOYBEAN OIL, DISTILLED VINEGAR, SOY PROTEIN, LACTIC ACID, WHEY (MILK), FUMARIC ACID, CORNSTARCH, NATURAL AND ARTIFICIAL FLAVOR, CELLULOSE GUM, SUNFLOWER OIL, CITRIC ACID.

CONTAINS MILK, SOY, WHEAT

M50584-0000
0635 SF

NET WT
15 oz (425g)

NUTRITIONAL FACTS

Wolferman's

44-piece Gourmet English Muffin Assortment

MULTI GRAIN HONEY SIGNATURE ENGLISH MUFFIN

Nutrition Facts

Serving Size 1 English Muffin (103g)

Servings Per Container About 4

Amount per Serving

Calories 260 **Calories from Fat** 15

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 350mg **15%**

Total Carbohydrate 53g **18%**

Dietary Fiber 3g **12%**

Sugars 8g

Protein 9g

Vitamin A 0% • **Vitamin C** 0%

Calcium 10% • **Iron** 20%

*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	

INGREDIENTS: ENRICHED BLEACHED WHEAT FLOUR (WITH MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SUGAR, MULTIGRAIN MIX (BRAN, WHOLE WHEAT FLOUR, SOY FLOUR, TRITICALE [WHEAT] FLOUR, RYE MEAL, FLAXSEED FLOUR, ROLLED OATS, CORN MEAL, CRACKED WHEAT, MALTED BARLEY FLOUR), YEAST, OAT GROATS, BULGUR WHEAT, HONEY, CONTAINS 2% OR LESS OF THE FOLLOWING: WHEAT GLUTEN, SALT, CORN FLOUR, LACTIC ACID, FUMARIC ACID, SODIUM ALUMINUM SULFATE, CALCIUM SULFATE, CORNSTARCH, CORN MEAL, SOYBEAN OIL, DEXTROSE, WHEY (MILK), WHEAT STARCH, FRUCTOSE, NATURAL FLAVOR, CARAMEL COLOR, PRESERVATIVES (CALCIUM PROPIONATE, POTASSIUM SORBATE).

CONTAINS MILK, SOY, WHEAT

M50585-0000
0635 SF

NET WT
14.5 oz (411g)