

Nutrition Facts

Serving Size 1 English Muffin (80g)

Serving Per Container 6

Amount Per Serving

Calories 220

Calories from Fat 60

%Daily Value*

Total Fat 7g 11%

Saturated Fat 0.5g 3%

Sodium 230mg 9%

Total Carbohydrate 38g 13%

Dietary Fiber 3g 10%

Sugars 8g

Protein 3g

Not a significant source of *trans* fat, cholesterol, vitamin A, vitamin C, calcium, iron.

* Percent Daily Values are based on a 2,000 calorie diet.