

Nutrition Facts

Serving Size 1 English Muffin (80g)

Serving Per Container 6

Amount Per Serving

Calories 200

Calories from Fat 60

%Daily Value*

Total Fat 7g

11%

Saturated Fat 0.5g

3%

Sodium 230mg

9%

Total Carbohydrate 33g

11%

Dietary Fiber 2g

8%

Sugars 3g

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.