

**Full Report (All Nutrients) 45255482, SIGNATURE ENGLISH MUFFIN, UPC: 780994797956**
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**Report Date: March 22, 2018 19:29 EDT**

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer WOLFERMAN'S

Nutrient	Unit	Data points	Std. Error	1 ENGLISH MUFFIN 107g	1 Value Per100 g
<b>Proximates</b>					
Energy	kcal	--	--	210	196
Protein	g	--	--	7.00	6.54
Total lipid (fat)	g	--	--	1.00	0.93
Carbohydrate, by difference	g	--	--	45.00	42.06
Fiber, total dietary	g	--	--	1.0	0.9
Sugars, total	g	--	--	0.00	0.00
<b>Minerals</b>					
Calcium, Ca	mg	--	--	250	234
Iron, Fe	mg	--	--	1.39	1.30
Sodium, Na	mg	--	--	840	785
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	--	--	0.0	0.0
Vitamin A, IU	IU	--	--	0	0
<b>Lipids</b>					
Fatty acids, total saturated	g	--	--	0.000	0.000
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	0	0

**Amino Acids**
**Other**
**Ingredients**

 ENRICHED BLEACHED WHEAT FLOUR (WITH MALT BARLEY FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, CONTAINS 2% OR LESS OF THE FOLLOWING: LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM SULFATE, CALCIUM SULFATE, MONOCALCIUM PHOSPHATE), DEGERMINATED CORN MEAL AND CORN FLOUR, SALT, PRESERVATIVES (CALCIUM PROPIONATE, SORBIC ACID, POTASSIUM SORBATE), DISTILLED VINEGAR, WHEY (MILK), SOY FLOUR, STARTER CULTURE (CANDIDA HUMILIS, LACTOBACILLUS SANFRANCISCENSIS), CORN MEAL, CITRIC ACID. *Date Available: 07/14/2017 Date Last Updated by Company: 07/14/2017*