



Homestead Baking Company
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English Muffins
 Breads
 and Rolls

103 - White English Nutrition Facts

White English Muffins

Serving Size 1 ROLL (57 g)

Serving Per Container 6

Nutrient	Values	Unit	% Daily Value
Calories	130	kcal	
Calories From Fat	10	kcal	
Total Fat	1	g	2 %
Saturated Fat	0	g	0 %
Trans Fat	0	g	
Cholesterol	0	mg	0 %
Sodium	270	mg	11 %
Total Carbohydrate	26	g	9 %
Dietary Fiber	1	g	
Sugars	1	g	
Protein	5	g	
Vitamin A			0 %
Vitamin C			0 %
Calcium			8 %
Iron			8 %
Required when a cholesterol or other fatty acid is made:			
Polyunsaturated Fat	0.5	g	
Monounsaturated Fat	0	g	
Required when an enrichment claim is made:			
Thiamine			20 %
Riboflavin			8 %
Niacin			10 %
Folate			15 %

Ingredients: Enriched Flour, (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Yeast, High Fructose Corn Syrup, (contains less than 2% of each of the following: Yellow Corn Meal, Soybean Oil, Calcium Propionate and/or Potassium Sorbate as preservative, Baking Soda, Fumaric Acid, Salt, Calcium Sulfate, Ammonium Sulfate

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.