

**PRODUCT INFORMATION SHEET**

Product Name: English Muffin, White Whole Wheat
Code No: 5233
Contribution to USDA Meal Pattern: 2.25 Bread/Bread Alternate
Portion Size, as Purchased 2 oz (57 g)
Case/Package Count: 6
Type & Cooked Weight of Enriched or Whole Grain Product: Enriched Wheat Flour 50% 27 g
Manufacturer: Premier Bakers

Nutrition Information:

| | | | |
|----------------|----------|----------------|----------|
| Weight: | 57 gm | Carbohydrates: | 28 gm |
| Calories | 140 kcal | Dietary Fiber: | 3 gm |
| Total Fat: | 1.5 gm | Sugar: | 1 gm |
| Saturated Fat: | 0 gm | Protein: | 5 gm |
| Trans Fat: | 0 gm | Iron: | 6% DV mg |
| Cholesterol: | 0 mg | Calcium: | 6% DV mg |
| Sodium: | 220 mg | Vitamin A: | 0 IU |
| | | Vitamin C | 0 mg |

Ingredients:

WHITE WHOLE **WHEAT** FLOUR, WATER, ENRICHED BLEACHED FLOUR (**WHEAT** FLOUR, IRON {FERROUS SULFATE}, NIACIN, THIAMINE MONONITRATE {VITAMIN B1}, RIBOFLAVIN {VITAMIN B2}, FOLIC ACID), YEAST, HIGH FRUCTOSE CORN SYRUP, **WHEAT** GLUTEN, SOYBEAN OIL, SALT, DOUGH CONDITIONERS (CALCIUM SULFATE, CALCIUM PEROXIDE, MONOCALCIUM PHOSPHATE, ENZYMES, ADA, ASCORBIC ACID {VITAMIN C}), CITRIC ACID, YEAST NUTRIENTS (CALCIUM CARBONATE, AMMONIUM SULFATE), FUMARIC ACID, CORN MEAL, CALCIUM PROPIONATE (PRESERVATIVE).

ALLERGEN INFORMATION: CONTAINS WHEAT.

Additional Information:

I certify the above is true.

Signature of Manufacturer Representative: Blair A. Smith

Title: Plant Mgr

Date: 4/13/09

| Nutrition Facts | | | |
|--|------------------|----------------------|---------|
| Serving Size 1 muffin (57 g) | | | |
| Amount Per Serving | | | |
| Calories 140 | | Calories from Fat 10 | |
| % Daily Value* | | | |
| Total Fat 2g | | 2% | |
| Saturated Fat 0g | | 0% | |
| Trans Fat 0g | | | |
| Cholesterol 0mg | | 0% | |
| Sodium 220mg | | 9% | |
| Total Carbohydrate 28g | | 9% | |
| Dietary Fiber 3g | | 12% | |
| Sugars 1g | | | |
| Protein 5g | | | |
| Vitamin A | | 0% • Vitamin C | 0% |
| Calcium | | 6% • Iron | 6% |
| *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 |
| Fiber | | 25g | 30g |
| Calories per gram: | | | |
| Fat 9 | • Carbohydrate 4 | • Protein 4 | |
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