EF - English Muffins

Nutrition Facts

Serving Size 1 muffin (105g)
Serving Per Container 4

Amount Per Serving

Calories 250	Calories from Fat 80
	% Daily Value *
Total Fat 9g	**14**%
Saturated Fat 0.5g	**3**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 360mg	**15**%
Total Carbohydrate 41g	**14**%
Dietary Fiber 4g	**16**%
Sugars 4g	
Protein 2g	

Vitamin A 0%	Vitamin C 0%
Calcium 15%	Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Value may be higher or lower depending on your calorie needs.