### Nutrition Facts

**Serving Size**: 1 each (57g)  
**Servings Per Container**: 1

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>120</td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>10</td>
</tr>
</tbody>
</table>
| Total Fat                    | 1g             | 2%  
| Saturated Fat                | 0g             | 0%  
| Trans Fat                    | 0g             | 0%  
| Cholesterol                  | 0mg            | 0%  
| Sodium                       | 200mg          | 8%  
| Total Carbohydrate           | 25g            | 8%  
| Dietary Fiber                | less than 1g   | 4%  
| Sugars                       | less than 1g   | 0%  
| Protein                      | 4g             |  
| Vitamin A                    | 0%             | 0%  
| Vitamin C                    | 8%             | 0%  
| Calcium                      | 8%             | 8%  
| Iron                         | 8%             | 8%  

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

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**Bread, English Muffin-White**

**INGREDIENTS**: English Muffin (unbleached enriched wheat flour [flour, malted barley flour, reduced iron, niacin, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid], water, farina, yeast, sugar, salt, preservatives (calcium propionate, sorbic acid), soybean oil, wheat gluten, grain vinegar, soy flour, nonfat milk, whey)

**CONTAINS**: Milk, Soy, Wheat