



SPECIFICATION SHEET
REGULAR ENGLISH MUFFINS

Ingredient Declaration:

INGREDIENTS: ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, FERROUS SULFATE, THIAMINE, RIBOFLAVIN, FOLIC ACID), WATER, YEAST. CONTAINS 2% OR LESS OF: SALT, VINEGAR, PARTIALLY HYDROGENATED SOYBEAN AND COTTONSEED OIL, WHITE CORN FLOUR, WHITE CORN MEAL, DEXTROSE, CALCIUM PROPIONATE AND POTASSIUM SORBATE (PRESERVATIVES), MONO & DIGLYCERIDES, SUGAR, WHEAT GLUTEN, POTATO STARCH, YEAST FOOD (MONOCALCIUM PHOSPHATE, CALCIUM SULFATE, AMMONIUM SULFATE), MALTED BARLEY FLOUR.

ALLERGENS: WHEAT

Kosher

Dairy

General Appearance

Somewhat round to slightly oval and showing overall home style variability in appearance.

Eating Quality

Chewy, dense texture.

Flavor

Fragrant baked bread aroma, slightly yeasty with mild toast accents. Mild baked and slightly sweet toasty flavor; absence of raw wheat flour taste.

Color

Off-white sidewall color and baked brown top and bottom sufficient to griddle muffin completely.

Grain Structure

Open grain type structure with cells non-uniform in size and randomly distributed with thick cell wall structure.

Diameter

3.0 oz. Muffin: 5.0" +/- 0.25" approximate

2.5 oz. Muffin: 4.0" +/- 0.25" approximate

2.0 oz. Muffin: 3.5" +/- 0.25" approximate

Height

1.0" +/- 0.125" approximate

Weight

3.0 oz. - 6 Muffins: (Target 510 gms) (Tolerance + 50 gms)

2.5 oz. - 6 Muffins: (Target 425 gms) (Tolerance + 40 gms)

2.0 oz. - 6 Muffins: (Target 340 gms) (Tolerance + 30 gms)



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Shelf life and recommended storage

Ambient: Not recommended
Refrigerated (≤ 45 °F): 50 days unopened
Frozen (0 °F): 4 months unopened

Code Dating

Located on the lock tab and tape enclosure are two sets of code. One represents the production line and shift. The other represents the Julian date of production.

EX: B1 206 = line B, 1st shift on the 206th day of year (July 25, 2005)

Nutritional Information

2 OZ

Nutrition Facts	
Serving Size 1 Muffin 2 oz (57 g) Servings Per Container 6	
Amount Per Serving	
Calories 130	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 270mg	11%
Total Carbohydrate 25g	8%
Dietary Fiber 2g	7%
Sugars 1g	
Protein 5g	
Vitamin A 0%	• Vitamin C 0%
Calcium 8%	• Iron 10%
Thiamin 20%	• Riboflavin 10%
Niacin 15%	• Folate 10%
*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
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

2.5 OZ

Nutrition Facts	
Serving Size 1 Muffin 2.5 oz (71 g) Servings Per Container 6	
Amount Per Serving	
Calories 160	Calories from Fat 10
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 340mg	14%
Total Carbohydrate 31g	10%
Dietary Fiber 2g	9%
Sugars 1g	
Protein 6g	
Vitamin A 0%	• Vitamin C 2%
Calcium 10%	• Iron 10%
Thiamin 30%	• Riboflavin 15%
Niacin 15%	• Folate 15%
*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
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	



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3 OZ

Nutrition Facts	
Serving Size 1 muffin 3 oz (85g)	
Servings Per Container 6	
Amount Per Serving	
Calories 190	Calories from Fat 15
<small>% Daily Value*</small>	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 400mg	17%
Total Carbohydrate 36g	12%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 7g	
Vitamin A 0%	• Vitamin C 0%
Calcium 15%	• Iron 10%
Thiamin 30%	• Riboflavin 15%
Niacin 15%	• Folate 15%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	<small>Calories: 2,000 2,500</small>
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
<small>Calories per gram:</small>	
Fat 9 • Carbohydrate 4 • Protein 4	