

Material Description:	Gordon Food Service 2 oz Plain English Muffin
Material Number:	69520520
Pack:	12/12 pk
Gross Weight:	19.50 lbs.
Net Weight:	18.00 lbs.
Cube:	1.423
Case Dimensions:	15.500" X 11.750" X 13.500"
Cases per layer:	TI 9
Layers per Pallet:	HI 6
Cases per Pallet:	54
Shelf Life After Thaw:	5-7 days
Frozen Life:	270 Days
UPC #:	1-00-93901-28640-3

Nutrition Facts	
Serving Size: 1 Muffin (57 g/ 2 oz)	
Servings per container: 12	
Amount per serving	
Calories 110	Calories from Fat 5
% Daily Value	
Total Fat 0.5 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 220 mg	9%
Total Carbohydrate 22 g	7%
Dietary Fiber 1 g	4%
Sugar 1 g	
Protein 5 g	
Vitamin A 0%	Vitamin C 2%
Calcium 4%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower based 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
Potassium	Less than 3,500mg 3,500mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
calories per gram:	
Fat 9	Carbohydrate 4 Protein 4



INGREDIENT LABELING INFORMATION
ENRICHED BLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, CONTAINS 2% OR LESS OF: SUGAR, WHEAT GLUTEN, DATEM, CITRIC ACID, FUMARIC ACID, ASCORBIC ACID, SALT, WHITE CORN MASA FLOUR, LIME, VINEGAR, CALCIUM PROPIONATE AND POTASSIUM SORBATE (PRESERVATIVES), AZODICARBONAMIDE.
ALLERGENS: WHEAT

Product Dimensions: 3.75" (+/- 0.125") D X 1.25" (+/- 0.25") H Heel Thickness: 5/8" (+/- 1/16") Product is SLICED.
--