

Traditional Muffin

Apple Berry

NUTRITION INFORMATION		
Serving size: 164g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	2270kJ (542Cal)	1390kJ (331Cal)
Protein	9.2g	5.6g
Fat, Total	22.5g	13.7g
- Saturated	3.0g	1.9g
Carbohydrate	71.6g	43.7g
- Sugars	37.8g	23.1g
Dietary Fibre	5.7g	3.5g
Sodium	328mg	200mg

Ingredients: Hi Fibre Muffin Mix (Wheat Flour, Sugar, Soya Flour, Lupin Bran, Milk Solids, Egg Powder, Raising Agents (341,450,500), Humectant (420), Emulsifier (481), Wheat Gluten, Flavour, Thickeners (415,464), Colour (160(B))), Water, Canola Oil, Berries (9%) (Blackberries And/or Blueberries And/or Boysenberries And/or Raspberries And/or Strawberries), Icing Sugar (Cane Sugar, Wheaten Cornflour), Apple (3.5%), Cream Cheese (Milk, Cream, Salt, Vegetable Gum (410), Starter Culture), Vanilla Essence

Contains Wheat, Egg, Milk, Soy.

Prepared by Food & Nutrition Australia.

At Muffin Break the allergen content of our products has been analysed based on their ingredients. However it is important for customers to be aware that our products are also made in an environment where cross contamination with other allergens, such as nuts, seeds, gluten containing cereals, soy, milk, eggs, sulphites, fish and seafood may occur.

