

# Traditional Muffin

## Banana Caramel

### NUTRITION INFORMATION

Serving size: 169g

	Average Quantity per Serving	Average Quantity per 100g
Energy	2460kJ (587Cal)	1450kJ (347Cal)
Protein	10.0g	5.9g
Fat, Total	24.2g	14.3g
- Saturated	5.1g	3.0g
Carbohydrate	78.5g	46.3g
- Sugars	47.1g	27.8g
Dietary Fibre	5.1g	3.0g
Sodium	340mg	201mg

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, Sweetened Condensed Milk (Milk, Sugar), Banana (9%), Icing Sugar (Cane Sugar, Wheaten Cornflour), Cream Cheese (Milk, Cream, Salt, Vegetable Gum (410, 412), Starter Culture), Butter (Cream, Water, Salt), Golden Syrup (Cane Sugar, Water), 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.

