

Traditional Muffin

Blackberry Apple

NUTRITION INFORMATION

Serving size: 166g

	Average Quantity per Serving	Average Quantity per 100g
Energy	2160kJ (515Cal)	1300kJ (311Cal)
Protein	9.0g	5.4g
Fat, Total	21.2g	12.8g
- Saturated	2.2g	1.3g
Carbohydrate	67.7g	40.8g
- Sugars	33.0g	19.9g
Dietary Fibre	6.5g	3.9g
Sodium	310mg	187mg

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, Blackberries (13%), Canola Oil, Apple (6%)

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.

