

Traditional Muffin

Blackberry Choc Chip

NUTRITION INFORMATION

Serving size: 158g

	Average Quantity per Serving	Average Quantity per 100g
Energy	2320kJ (553Cal)	1460kJ (349Cal)
Protein	9.1g	5.7g
Fat, Total	23.6g	14.9g
- Saturated	4.5g	2.9g
Carbohydrate	72.2g	45.6g
- Sugars	38.1g	24.1g
Dietary Fibre	5.8g	3.7g
Sodium	302mg	191mg

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, Blackberries (11%), Milk Chocolate (6%) (Sugar, Cocoa Mass, Milk Solids, Cocoa Butter, Emulsifiers (Soya Lecithin, 476), Flavours), Icing Sugar (Cane Sugar, Wheaten Cornflour), Cream Cheese (Milk, Cream, Salt, Vegetable Gum (410, 412), Culture), Vanilla Essence.

Contains Wheat, Egg, Milk, Soy. May Contain Peanuts, Tree Nuts.

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.

