

Traditional Muffin

Date & Apple

NUTRITION INFORMATION

Serving size: 163g

	Average Quantity per Serving	Average Quantity per 100g
Energy	2260kJ (539Cal)	1390kJ (332Cal)
Protein	8.9g	5.5g
Fat, Total	21.2g	13.0g
- Saturated	2.2g	1.3g
Carbohydrate	73.8g	45.4g
- Sugars	40.2g	24.7g
Dietary Fibre	6.1g	3.7g
Sodium	312mg	192mg

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, Apple (6%), Dates (6%), Brown Sugar, 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.

