

Traditional Muffin

Fruit & Nut

NUTRITION INFORMATION

Serving size: 158g

	Average Quantity per Serving	Average Quantity per 100g
Energy	2460kJ (587Cal)	1560kJ (372Cal)
Protein	9.6g	6.1g
Fat, Total	25.9g	16.4g
- Saturated	3.2g	2.0g
Carbohydrate	74.7g	47.3g
- Sugars	43.5g	27.6g
Dietary Fibre	6.0g	3.8g
Sodium	306mg	194mg

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, Icing Sugar (Cane Sugar, Wheaten Cornflour), Raisins (3%), Currants (3%), Sultanas (3%), Cream Cheese (Milk, Cream, Salt, Vegetable Gum (410, 412), Culture), Walnuts (2.5%), Pecan Nuts (2.5%), Vanilla Essence.

Contains Wheat, Egg, Milk, Soy, 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.

