

Traditional Muffin

Lemon & Nut

NUTRITION INFORMATION

Serving size: 158g

	Average Quantity per Serving	Average Quantity per 100g
Energy	2430kJ (580Cal)	1540kJ (368Cal)
Protein	10.1g	6.4g
Fat, Total	27.2g	17.2g
- Saturated	3.4g	2.1g
Carbohydrate	69.8g	44.3g
- Sugars	36.3g	23.0g
Dietary Fibre	5.6g	3.5g
Sodium	325mg	206mg

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, Walnuts (4.5%), Icing Sugar (Cane Sugar, Wheaten Cornflour), Cream Cheese (Milk, Cream, Salt, Vegetable Gum (410, 412), Culture), Lemon Juice (2.5%), Lemon (1%), 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.

