

# Traditional Muffin

## Macadamia Choc Chip

### NUTRITION INFORMATION

Serving size: 162g

	Average Quantity per Serving	Average Quantity per 100g
Energy	2630kJ (629Cal)	1630kJ (388Cal)
Protein	9.8g	6.0g
Fat, Total	30.8g	19.0g
- Saturated	6.7g	4.1g
Carbohydrate	74.8g	46.2g
- Sugars	39.8g	24.5g
Dietary Fibre	5.3g	3.2g
Sodium	309mg	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, Chocolate Chips (11%) (Sugar, Cocoa Mass, Milk Solids, Cocoa Butter, Emulsifiers (Soya Lecithin, 476), Flavours), Macadamia Nuts (4%), Icing Sugar (Cane Sugar, Wheaten Cornflour), Cream Cheese (Milk, Cream, Salt, Vegetable Gum (410), Starter Culture), Vanilla Essence

Contains Wheat, Egg, Milk, Soy, Tree Nuts. Made on equipment also used to produce products containing Peanuts.

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.

