

Traditional Muffin

Mango Coconut

NUTRITION INFORMATION

Serving size: 172g

	Average Quantity per Serving	Average Quantity per 100g
Energy	2400kJ (572Cal)	1390kJ (333Cal)
Protein	9.4g	5.5g
Fat, Total	25.2g	14.7g
- Saturated	4.9g	2.8g
Carbohydrate	72.6g	42.3g
- Sugars	39.1g	22.8g
Dietary Fibre	5.9g	3.4g
Sodium	330mg	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, Sweetened Mango (12%) (Mangoes (50%), Water, Mango Juice (13%), Sugar), Canola Oil, Coconut (4%), Icing Sugar (Cane Sugar, Wheaten Cornflour), Cream Cheese (Milk, Cream, Salt, Vegetable Gum (410), Starter Culture), Macadamia Nuts, 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.

