

Traditional Muffin

Pineapple Apricot

NUTRITION INFORMATION		
Serving size: 161g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	2130kJ (509Cal)	1320kJ (316Cal)
Protein	8.9g	5.5g
Fat, Total	21.4g	13.3g
- Saturated	2.4g	1.5g
Carbohydrate	66.2g	41.1g
- Sugars	32.8g	20.3g
Dietary Fibre	5.5g	3.4g
Sodium	311mg	193mg

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, Sweetened Pineapple (10%) (Pineapple, Water, Sugar), Apricot (6%) (Apricots (60%), Water, Pear Juice Concentrate, Firming Agent (509)), Coconut

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.

