

Traditional Muffin

Raspberry Apple

NUTRITION INFORMATION

Serving size: 167g

	Average Quantity per Serving	Average Quantity per 100g
Energy	2140kJ (511Cal)	1280kJ (306Cal)
Protein	8.7g	5.2g
Fat, Total	20.9g	12.5g
- Saturated	2.9g	1.7g
Carbohydrate	67.7g	40.5g
- Sugars	35.9g	21.5g
Dietary Fibre	6.1g	3.7g
Sodium	304mg	182mg

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))), Raspberries (15%), Water, Canola Oil, Apple (6%), Icing Sugar (Cane Sugar, Wheaten Cornflour), Cream Cheese (Milk, Cream, Salt, Vegetable Gum (410), Starter Culture), Vanilla Essence

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.

