



Muffin Lab

The Duffin		
NUTRITION INFORMATION		
Serving size: 125g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	2260kJ (540Cal)	1810kJ (432Cal)
Protein	8.2g	6.6g
Fat, Total	32.8g	26.3g
- Saturated	16.9g	13.5g
Carbohydrate	53.2g	42.5g
- Sugars	22.9g	18.3g
Sodium	488mg	390mg

Ingredients: Croissant (Wheat Flour, Butter (Cream, Salt), Water, Sugar, Yeast, Soy Flour, Dextrose, Salt, Enzymes, Acidity Regulator (300)), Nutella (Sugar, Vegetable Oil, Hazelnuts (13%), Skim Milk Powder (8.7%), Fat-Reduced Cocoa, Powder (7.4%), Emulsifier (Soy Lecithin), Flavouring (Vanillin)), Icing Sugar (Cane Sugar, Wheaten Cornflour), Cinnamon.

Contains Wheat, Wheat Products, Milk, Milk Products, Soybean, Soybean Products, Tree Nuts.

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NIP updated December 2014.

Muffin Break Point of Sale Information. Prepared by Food & Nutrition Australia





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Bread & Butter Muffin

NUTRITION INFORMATION
Serving size: 180g

	Average Quantity per Serving	Average Quantity per 100g
Energy	2600kJ (622Cal)	1450kJ (346Cal)
Protein	13.2g	7.3g
Fat, Total	37.2g	20.7g
- Saturated	15.7g	8.7g
Carbohydrate	56.7g	31.5g
- Sugars	34.7g	19.3g
Dietary Fibre	3.5g	2.0g
Sodium	264mg	146mg

Ingredients: Egg Mix (Egg, Cream, Sugar, Cinnamon), 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))), Canola Oil, Chocolate Chips (Sugar, Cocoa Mass, Milk Solids, Cocoa Butter, Emulsifiers (Soya Lecithin, 476), Flavours), Blueberries, Sultanas, Apple, Coffee Sugar Crystals, Cinnamon, Icing Sugar (Cane Sugar, Wheaten Cornflour).

Contains Wheat, Egg, Milk, Soybean. May Contain Peanuts, Tree Nuts.

Custard Flavoured Duffin

NUTRITION INFORMATION
Serving size: 122g

	Average Quantity per Serving	Average Quantity per 100g
Energy	1810kJ (431Cal)	1440kJ (345Cal)
Protein	6.1g	4.9g
Fat, Total	25.4g	20.3g
- Saturated	15.5g	12.4g
Carbohydrate	44.8g	35.8g
- Sugars	12.5g	10.0g
Sodium	519mg	415mg

Ingredients: Ingredients: Croissant (Wheat Flour, Butter (Cream, Salt), Water, Sugar, Yeast, Soy Flour, Dextrose, Salt, Enzymes, Acidity Regulator (300)), Custard Flavoured Patisserie Creme (25%) (Water, Sugar, Thickener (1442), Vegetable Fat, Flavour, Salt, Emulsifier (471, 433), Acidity Regulator (270), Preservative (202), Colour (171, 102, 110)), Icing Sugar (Cane Sugar, Wheaten Cornflour), Cinnamon.

Contains Wheat, Milk Products, Soybean Products

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NIP updated August 2015.

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Strawberry Duffin		
NUTRITION INFORMATION		
Serving size: 125g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	1790kJ (427Cal)	1430kJ (341Cal)
Protein	6.1g	4.9g
Fat, Total	23.8g	19.0g
- Saturated	13.9g	11.2g
Carbohydrate	46.8g	37.4g
- Sugars	14.9g	11.9g
Sodium	483mg	387mg

Ingredients: Ingredients: Croissant (Wheat Flour, Butter (Cream, Salt), Water, Sugar, Yeast, Soy Flour, Dextrose, Salt, Enzymes, Acidity Regulator (300)), Strawberry Patisserie Filling (25%) (Strawberry 60%, Sugar, Water, Thickener (1442), Acidity Regulator (330), Mineral Salt (509), Preservative (202), Flavour, Colour (124)), Icing Sugar (Cane Sugar, Wheaten Cornflour), Cinnamon.

Contains Wheat, Milk Products, Soybean Products.

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NIP updated August 2015.

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