

Canadian Bacon Egg & Cheese Muffin (6/2021)

Nutrition Facts	
Serving size 1 sandwich (128g/4.5oz)	
Amount per serving	
Calories	280
% Daily Value*	
Total Fat 12g	16%
Saturated Fat 4g	20%
<i>Trans</i> Fat 0g	
Cholesterol 140mg	47%
Sodium 740mg	32%
Total Carbohydrate 26g	9%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 2g Added Sugars	3%
Protein 15g	
Vitamin D 0.7mcg	4%
Calcium 120mg	8%
Iron 2.6mg	15%
Potassium 130mg	2%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Ingredients: Muffin: Enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, dextrose, contains less than two percent of each of the following: cornmeal, baking powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), potato flour, distilled vinegar, salt, calcium propionate, wheat gluten, monoglycerides, propionic acid, phosphoric acid, fumaric acid, hydrogenated soybean oil, non-gmo soybean oil, potassium sorbate, mineral oil, (processing aid), non-fat dry milk, **Fried Egg Patty:** Egg Whites, Egg Yolk, Soybean Oil, Water. Contains 2% or less of the following: Modified Corn Starch, Black Pepper, Salt, Natural Butter Flavor, Cellulose Gum, Xanthan Gum, Citric Acid, EDTA. **Canadian Bacon:** Pork, Water, Sugar, Vinegar and Lemon Juice Concentrate, Sea Salt, Seasoning (Natural Flavorings, Sea Salt), **Pasteurized Process Cheddar Cheese:** Cultured milk, water, cream, sodium phosphates, salt, sorbic acid (preservative), vegetable color (annatto and paprika extract), enzymes.

CONTAINS: WHEAT, EGGS, MILK, SOY.

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Total Carb 26g (9% DV), Fiber 1g (4% DV), Total
Sugars 3g (Incl 2g Added Sugars, 3% DV), Protein
15g, Vit D 0.7mcg (4% DV), Calcium 120mg
(8% DV), Iron 2.6mg (15% DV), Potas 130mg
(2% DV).

% DV = % Daily Value