



30003

English Muffin 100% Whole Wheat, Clean, Forksplit, 12/6 Packs, 72/2 oz

Burry



GTIN	Item #	Units/Case	Gross Case Wt. (lbs)	Net Case Wt. (lbs)	Case Length (in.)	Case Width (in.)	Case Height (in.)	Case Cube	Pallet Ti/Hi	Cases/Pallet
10823056300033			9.8	9	15.25	11.25	8.25			
UPC	30003	72	Gross Unit Wt. (oz)	Net Unit Wt. (oz)	Unit Length (in.)	Unit Width (in.)	Unit Height (in.)	0.74	10 x 9	90
N/A			2	N/A	3.5	3.5	1			

**Kosher Symbol:** K of K  
**Ambient Shelf Life:** 6 (days in package)  
**Frozen Shelf Life:** 15 (months)  
**Storage:** Frozen at 0 to -10 F  
**Case Code Designation:** Julian  
**Unit Code Designation:** N/A  
**Country of Origin:** USA

**Ingredient Statement**

INGREDIENTS: WHOLE WHEAT FLOUR, WATER, YEAST, DEGERMINATED YELLOW CORN MEAL, DEGERMINATED YELLOW CORN FLOUR, WHEAT GLUTEN, CONTAINS LESS THAN 2% OF EACH OF THE FOLLOWING: SUGAR, CULTURED WHEAT FLOUR, SOYBEAN OIL, SALT, VINEGAR, CITRIC ACID, WHEAT FLOUR, ENZYMES, ASCORBIC ACID (DOUGH CONDITIONER), CALCIUM CITRATE.

CONTAINS: Soy, Wheat.  
**PROCESSED IN A FACILITY THAT ALSO PROCESSES:**  
 Processed In A Facility That Also Processes Eggs & Milk.

**Product Features:** Clean Ingredient Label, Forksplit, 100% Whole Wheat, No HFCS, Nut Free, Low Fat, 0g Trans Fat, Cholesterol Free, 28g of Whole Grains Per Serving, Good Source of Fiber and Thiamin.

**Preparation Instructions:** Thaw and Serve.

**oz Equivalents:** 2 (based on baked wt.)

**Grams of Whole Grain:** 28

**Date:** 03/30/2021

**Nutrition Facts**

6 servings per container  
**Serving size 1 Muffin (61 Grams)**

Amount per serving	% Daily Value*
<b>Calories</b> 120	
<b>Total Fat</b> 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 150mg	7%
<b>Total Carbohydrate</b> 25g	9%
Dietary Fiber 3g	12%
Total Sugar Less than 1g	
Includes Less than 1g Added Sugars	1%
<b>Protein</b> 6g	
Vitamin D 0.9mcg	4%
Calcium 70mg	6%
Iron 1.2mg	6%
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.

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