



Antonina's Bakery

# 142380 - Triple Chocolate Muffins Gluten Fre

A moist sour cream and buttermilk muffin, baked with our own proprietary blend of gluten-free flours and triple chocolate mix, with semi-sweet chocolate chips.



## Nutrition Facts

4 Servings Per Container

<b>Serving size</b>	<b>1muffin (99g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>430</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 23 g	<b>29%</b>
Saturated Fat 5 g	<b>25%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 70 mg	<b>23%</b>
<b>Sodium</b> 420 mg	<b>18%</b>
<b>Total Carbohydrate</b> 52 g	<b>19%</b>
Dietary Fiber 3 g	<b>11%</b>
Total Sugars 32 g	
Includes 28 g Added Sugar	<b>56%</b>
<b>Protein</b> 4 g	
Vitamin D 0.3 mcg	<b>0%</b>
Calcium 80 mg	<b>6%</b>
Iron 1.5 mg	<b>8%</b>
Potassium 190 mg	<b>4%</b>

\* 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.

### \* Benefits

The journey for Antoninas Gluten-Free Bakery began two decades ago with a simple goal to spread joy one gluten-free delight at a time. We believe everyone should have the opportunity to enjoy exceptional baked goods without compromise. Located in the beautiful Pacific Northwest, just a stones throw from Seattle with majestic views of Mt. Rainier, is our dedicated certified gluten-free, Kosher, all-natural, non-GMO, peanut and tree nut-free bakery where products are produced under the watchful eyes of our SQF and BRC certified trained staff.

A moist sour cream and buttermilk muffin, baked with our own proprietary blend of gluten-free flours, and triple chocolate mix. Once you try one of our items, we are confident ....

"You Won't Believe It's Gluten-Free"

### Ingredients

Brown cane sugar, gluten-free flour blend (white rice flour, potato starch, brown rice flour, tapioca flour, non-GMO corn starch, enzymes), non-GMO canola oil, eggs (whole eggs, citric acid [to retain color]), buttermilk (cultured low-fat milk, salt, sodium citrate), sour cream (cultured pasteurized grade a milk, cream, enzymes), cocoa, semi-sweet chocolate chips (sugar, unsweetened chocolate, cocoa butter, soy lecithin, natural vanilla extract), milk chocolate chips (sugar, cocoa butter, whole milk powder, soy lecithin [emulsifier], natural vanilla extract), vanilla extract (water, ethyl alcohol, vanilla bean extractives), dry vinegar powder, baking powder (corn starch, sodium bicarbonate, monocalcium phosphate), salt, coffee, baking soda, xanthan gum, natural flavors. Contains: milk, eggs and soy.

### ⚠ Allergens

#### Contains:

eggs milk soy

#### Free From:

crustaceans fish peanuts sesame  
 tree nuts wheat

### Handling Suggestions

Frozen, refrigerated or ambient---  
 UNIT UPC: 818703014237  
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### Serving Suggestions

Thaw and enjoy

### Prep & Cooking Suggestions

Thaw and enjoy. Warm in microwave or oven for a special treat

### 📄 Product Specifications

Brand	Manufacturer
Antonina's Bakery	Pin Hsiao & Associates LLC

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
818703014237	14238	142380	30818703014238		8/14 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
8.6 lb	7 lb	United States of America	Yes	

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
8 in	15.7 in	12.4 in	0.9 ft3	15x6	176 days	-5 °F / -2 °F



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## Nutrition Analysis - By Measure

Calories	430	Total Fat	23 g	Sodium	420 mg
Protein	4	Trans Fats	0 g	Calcium	80 mg
Total Carbohydrates...	52 g	Saturated Fat	5 g	Iron	1.5 mg
Sugars	32 g	Added Sugars	28 g	Potassium	190 mg
Dietary Fiber	3 g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	70 mg		
Vitamin A(U)		Vitamin D	0.3 mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2	
Monosodium		Sulphites		Nitrates	

### Additional Images

