



FLOWERS

207340 - Muffin English Plain Forksplit

2 oz. White English Muffin, fully sliced for back-of-the-house ease. Interior crumb in full of flavor pockets. Fully baked, thaw and serve.



* Benefits

Ingredients

ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, HIGH FRUCTOSE CORN SYRUP, CONTAINS LESS THAN 2% OF EACH OF THE FOLLOWING: YELLOW CORN MEAL, SOYBEAN OIL, CALCIUM PROPIONATE (PRESERVATIVE), BAKING SODA, FUMERIC ACID, SALT, CALCIUM SULFATE, AMMONIUM SULFATE.

⚠ Allergens

Contains:

soy wheat

Free From:

crustaceans eggs fish milk
 peanuts tree nuts

Nutrition Facts

Servings per Container 72
Serving size 1EA (57g)

Amount per serving
Calories 110

% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	10%
Total Carbohydrate 22g	8%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugar	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

* 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.

Handling Suggestions

Keep frozen until ready to use. Thaw overnight at room temperature. Shelf life at room temperature - 5-7 days.

Serving Suggestions

2 oz. Premium white traditioanl English Muffin. Fully sliced Standard English Muffin -- toast before serving with spreads. Add to a breakfast bread basket or display by the toaster on a buffet.

Prep & Cooking Suggestions

Product is fully baked. Thaw overnight and serve.

📄 Product Specifications

Brand	Manufacturer
FLOWERS	Flowers Foods, Inc.

MFG #	SPC #	GTIN	Pack	Pack Desc.
10589450	207340	00075361300649	6	6 / 12 / 2.0 ONZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
9.95lb	9lb	USA		No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.75in	11.5in	7.25in	0.76ft3	9x9	270DAYS	-10°F / 15°F



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Nutrition Analysis - By Serving

Calories	110	Total Fat	1g	Sodium	220mg
Protein	5	Trans Fats	0g	Calcium	0mg
Total Carbohydrates...	22g	Saturated Fat	0g	Iron	0mg
Sugars	1g	Added Sugars	0g	Potassium	0mg
Dietary Fiber	1g	Polyunsaturated Fat	0g	Zinc	0
Lactose		Monounsaturated Fat	0g	Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)•	0	Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0mg	Folate	0mg	Riboflavin	0mg
Magnesium		Vitamin B-6		Vitamin B-12•	
Monosodium		Sulphites		Nitrates	

Additional Images

