



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**

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 Added Sugar	%

Protein 5g	
Vitamin D	%
Calcium	15%
Iron	6%
Potassium	%

* 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.

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:



Free From:



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 traditional 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	Product Category
FLOWERS	FLOWERS FOODS SPECIALTY	Muffins

MFG #	SPC #	GTIN	Pack	Pack Desc.
10589450	207340	00075361300649	6	72/2 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
12lb	9lb	USA		No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15in	12in	7in	0.73ft3	10x4	0DAYS	0°F / 32°F



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Nutrition Analysis - By Serving

Calories	110	Total Fat	1g	Sodium	220mg
Protein	5	Trans Fats	0g	Calcium	
Total Carbohydrates...	22g	Saturated Fat	0g	Iron	
Sugars	1g	Added Sugars		Potassium	
Dietary Fiber	1g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(U)		Vitamin D		Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2	
Monosodium		Sulphites		Nitrates	

Additional Images

