



Burry
63034700 - English Muffin 100% Whole Wheat

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.



* Benefits

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.

⚠ Allergens

Contains:

soy wheat

May Contain:

eggs milk

Free From:

crustaceans fish peanuts sesame
 tree nuts

Nutrition Facts

Servings per Container 72
Serving size 1Muffin (61g)

Amount per serving
Calories 120

| % Daily Value* | |
|-------------------------|-----|
| Total Fat 1.5g | 2% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 150mg | 7% |
| Total Carbohydrate 25g | 9% |
| Dietary Fiber 3g | 11% |
| Total Sugars 1g | |
| Includes 1g Added Sugar | 2% |
| Protein 6g | |
| Vitamin D 0.9mcg | 5% |
| Calcium 70mg | 5% |
| Iron 1.2mg | 7% |
| Potassium 130mg | 3% |

* 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

Frozen at 0 to -10 F
Ambient Shelf Life: 6 Days
Frozen Shelf Life: 15 Months

Serving Suggestions

1 Muffin

Prep & Cooking Suggestions

Thaw and Serve

✍ Product Specifications

| Brand | Manufacturer |
|-------|----------------------|
| Burry | Quality Bakeries LLC |

| MFG # | SPC # | GTIN | Pack | Pack Desc. |
|-------|----------|----------------|------|--------------|
| 30003 | 63034700 | 10823056300033 | 72 | 72 / 2.0 ONZ |

| Gross Weight | Net Weight | Country of Origin | Kosher | Child Nutrition |
|--------------|------------|-------------------|--------|-----------------|
| 9.8lb | 9lb | USA | Yes | |

| Shipping Information | | | | | | |
|----------------------|---------|--------|------------|-------|------------|----------------------|
| Length | Width | Height | Volume | TLXHI | Shelf Life | Storage Temp From/To |
| 15.25in | 11.25in | 8.25in | 1415.39INQ | 10x9 | 456DAYS | -10°F / 0°F |



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Nutrition Analysis - By Serving

| | | | | | |
|------------------------|-----|---------------------|--------|--------------|-------|
| Calories | 120 | Total Fat | 1.5g | Sodium | 150mg |
| Protein | 6 | Trans Fats | 0g | Calcium | 70mg |
| Total Carbohydrates... | 25g | Saturated Fat | 0g | Iron | 1.2mg |
| Sugars | 1g | Added Sugars | 1g | Potassium | 130mg |
| Dietary Fiber | 3g | Polyunsaturated Fat | | Zinc | |
| Lactose | | Monounsaturated Fat | | Phosphorus | |
| Sucrose | | Cholesterol | 0mg | | |
| Vitamin A(IU) | | Vitamin D | 0.9mcg | Thiamin | |
| Vitamin A(RE) | | Vitamin E | | Niacin | |
| Vitamin C | | Folate | | Riboflavin | |
| Magnesium | | Vitamin B-6 | | Vitamin B-12 | |
| Monosodium | | Sulphites | | Nitrates | |

Additional Images

