

Egg and Cheddar English Muffin

Nutrition Facts	
1 serving per container	
Serving size	(0.0g)
Amount Per Serving	
Calories	500
% Daily Value*	
Total Fat 15g	19%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 205mg	68%
Sodium 960mg	42%
Total Carbohydrate 67g	24%
Dietary Fiber 3g	11%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 24g	
Vitamin D 1.4mcg	6%
Calcium 230mg	20%
Iron 5.8mg	30%
Potassium 3450mg	70%
* 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: FRENCH BREAD (ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, POTASSIUM BROMATE, THIAMIN MONONITRATE, RIBOFLAVIN, ENZYME, FOLIC ACID), SALT, CORNMEAL, RYE SOURDOUGH (WATER, FERMENTED RYE FLOUR, SALT), CANOLA OIL, BAKERS YEAST, DOUGH CONDITIONER (WHEAT FLOUR, MALTED BARLEY FLOUR, ASCORBIC ACID, ENZYMES), DOUGH STARTER (WATER, FERMENTED WHEAT FLOUR)), EGGS, SHARP CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, ANNATTO (VEGETABLE COLOR))

CONTAINS: MILK, EGG, WHEAT

CUISINE FOR HEALING 1614 MISTLETOE BLVD FW TX 76104