

EAST WEST Cinnamon Raisin English Muffin

Nutrition Facts

4 servings per container
Serving size 1 Muffin (93g)

Amount per serving
Calories 260

% Daily Value*

Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 250mg	11%
Total Carbohydrate 53g	19%
Dietary Fiber 2g	7%
Total Sugars 15g	
Includes 0g Added Sugars	0%

Protein 6g	
Vitamin D 0mcg	0%
Calcium 25mg	2%
Iron 3mg	15%
Potassium 99mg	2%

*The % Daily Value 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.

EAST WEST Whole Wheat English Muffin

Nutrition Facts

4 servings per container
Serving size 1 Muffin (96g)

Amount per serving
Calories 230

% Daily Value*

Total Fat 3g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 290mg	13%
Total Carbohydrate 44g	16%
Dietary Fiber 5g	18%
Total Sugars 0g	
Includes 0g Added Sugars	0%

Protein 8g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 3mg	15%
Potassium 135mg	2%

*The % Daily Value 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.

EAST WEST Original English Muffin

Nutrition Facts

4 servings per container
Serving Size: 3oz (85g)

Amount Per Serving
Calories 200

%Daily Value*

Total Fat 1g	1%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 380mg	17%
Total Carbohydrate 39g	14%
Dietary Fiber 1g	4%
Sugars 0g	
Includes 0g added sugars	0%

Protein 7g	
Vitamin D 0mcg	0%
Calcium 1mg	0%
Iron 3mg	15%
Potassium 56mg	2%

*The % Daily Value 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.