

Nutrition Facts	
(Microwave)	
12 Servings Per Container	
Serving Size	1 Each
Amount Per Serving	
Calories	290
% Daily Value*	
Total Fat 14 g	
Saturated Fat 5 g	
Cholesterol 125 mg	
Sodium 590 mg	
Total Carbohydrate 24 g	
Dietary Fiber 2 g	
Sugar 3 g	
Added Sugar 1 mg	
Protein 18 g	
Potassium 244 mg	
Calcium 201 mg	
Iron 2 mg	
* 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: English Muffin (Flour Blend (Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid)), Water, Yeast, Contains 2% Or Less Of The Following: Honey, Cornmeal, Dextrose, Wheat Gluten, Distilled Vinegar, Salt, Calcium Propionate, Non-Gmo Soybean Oil, Monoglycerides, Propionic Acid, Phosphoric Acid, Fumaric Acid, Hydrogenated Soybean Oil, Calcium Sulfate, Ascorbic Acid, Enzymes, Calcium Phosphate, Potassium Sorbate, Mineral Oil (Processing Aid), Nonfat Dry Milk), Turkey Sausage Patty (Dark Turkey Meat, Mechanically Separated Turkey, Water, Salt, Dextrose, Flavoring, Spices, Sugar, Yeast Extract, Lime Flavor (Corn Syrup Solids, Lime Juice Solids, Natural Flavor), Tert-butylhydroquinone, Butylated hydroxytoluene, Citric Acid, Lactic Acid), Egg Patty (Whole Eggs, Non Fat Milk, Modified Food Starch, Salt, Xanthan Gum, Citric Acid, Pepper), Swiss Cheese (Pasteurized Part-Skim Milk, Cheese Culture, Salt, Enzymes).

CONTAINS: Milk, and Wheat.