

Nutrition Facts	
Serving size	1 Sandwich (113g)
Amount Per Serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 500mg	22%
Total Carbohydrate 26g	9%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 1g Added Sugars	2%
Protein 13g	26%
Vitamin D 0mcg	0%
Calcium 206mg	15%
Iron 2mg	10%
Potassium 85mg	2%

*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: ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, DEXTROSE. CONTAINS 2% OR LESS OF THE FOLLOWING: WHITE CORNMEAL, BAKING POWDER (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORNSTARCH, MONOCALCIUM PHOSPHATE), POTATO FLOUR, DISTILLED VINEGAR, SALT, CALCIUM PROPIONATE, WHEAT GLUTEN, MONOGLYCERIDES, PROPIONIC ACID, PHOSPHORIC ACID, FUMARIC ACID, HYDROGENATED SOYBEAN OIL, NON-GMO SOYBEAN OIL, POTASSIUM SORBATE, MINERAL OIL (PROCESSING AID). NON-FAT DRY MILK. CAGE FREE FRIED EGG PATTY: CAGE FREE EGG WHITES, WATER, CAGE FREE WHOLE EGGS, MODIFIED CORN STARCH, SALT, XANTHAN GUM, CITRIC ACID, COARSE GROUND BLACK PEPPER. SWISS CHEESE: PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES.

CONTAINS:

EGG, MILK, WHEAT.