



SIGNATURE ITEMS

53800

**Plain English
Muffins**

Satisfy the rising demand for tasty breakfast toasts with Gonnella English Muffins. Loaded with nooks and crannies for the perfect texture to complement jams, jellies, and other spreads.

Nutrition Facts

12 servings per container
Serving size 1 english muffin (57g)

Amount per serving
Calories 120

	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 340mg	15%
Total Carbohydrate 23g	8%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 1g Added Sugars	2%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 190mg	15%
Iron 1.4mg	8%
Potassium 40mg	0%

*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.

Nutrients	Per 100g
Basic Components	
Calories (kcal)	211.64
Protein (g)	7.05
Carbohydrates (g)	40.57
Dietary Fiber (g)	1.76
Total Sugars (g)	1.76
Added Sugar (g)	1.76
Fat (g)	1.76
Saturated Fat (g)	0
Trans Fatty Acid (g)	0
Cholesterol (mg)	0
Vitamins	
Vitamin D (mcg)	0
Minerals	
Calcium (mg)	335.1
Iron (mg)	2.47
Potassium (mg)	70.55
Sodium (mg)	599.66

PRODUCT INFORMATION

BEST IF USED BY AMBIENT: ----- 5 Days

BEST IF USED BY FROZEN: ---- 365 Days

**MINIMUM GUARANTEED
DISTRIBUTOR SHELF LIFE: ----- 120 Days**

SLICE: ----- Yes

WEIGHT: ----- 2 oz.

TARGET DIAMTER: ----- 3.5"

CASE DIMENSIONS: -- 15.25x11.25x6.88 (inches)

CASE NET WEIGHT: ----- 9 lbs.

CASE GROSS WEIGHT: ----- 10 lbs.

CASE CUBE: ----- .68

TI-HI: ----- 10x8

**CASES PER
PALLET: ----- 80**

PACK COUNT: ----- 12

PACKS PER CASE: ----- 6

GTIN: ----- 00078296538002

DOT #: ----- 633545



INGREDIENTS: WATER, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS LESS THAN 2% OF SUGAR, BAKING SODA, SODIUM ALUMINUM SULFATE, CALCIUM SULFATE, MONOCALCIUM PHOSPHATE, PRESERVATIVES (CALCIUM PROPIONATE, SORBIC ACID, POTASSIUM SORBATE), YEAST, YELLOW CORNMEAL, CORN FLOUR, SALT, FARINA, MONO- AND DIGLYCERIDES, WHEAT GLUTEN, SOYBEAN OIL, VINEGAR, ETHOXYLATED MONO- AND DIGLYCERIDES, ASCORBIC ACID, ENZYMES, TRICALCIUM PHOSPHATE, CORN STARCH, FUMARIC ACID, NONFAT MILK, WHEY, CITRIC ACID. CONTAINS MILK, WHEAT. MAY CONTAIN SOY. CONTAINS A BIOENGINEERED FOOD INGREDIENT

Storage, Handling & Shelf Life:

- Keep product frozen until use. Thaw item(s) on an as needed basis. Do not re-freeze or store products in the cooler. Refrigeration increases the staling effect on bread.
- Thawing time for whole case is 7-9 hours. It is faster if items are taken out of the case. Thaw product to ambient temperature and wipe dry any moisture off of the bags.

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