

# All Natural English Muffins

**NEW!**

**Wheat, Gluten  
& Dairy Free**



## Start Your Morning Naturally Wheat Free!

### Nutrition Facts

Serving Size 1 Muffin (85g)	
Servings per container 4	
<b>Amount Per Serving</b>	
<b>Calories</b> 210	Calories from Fat 60
% Daily Value*	
<b>Total Fat</b> 6g	<b>9%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 260mg	<b>11%</b>
<b>Total Carbohydrate</b> 32g	<b>11%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 1g	
<b>Protein</b> 5g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet.	

12 oz. All Natural English Muffins - 4 muffins to a package

Gluten Free never tasted this good! Toasts up beautifully and tastes delicious. Ready to spread with your favorite topping, also makes a great sandwich or burger bun!

**INGREDIENTS:** WATER, WHITE RICE FLOUR, EGG WHITES, TAPIOCA FLOUR, SOYBEAN OIL, SOYBEAN FLOUR, GUAR GUM, SUGAR, YEAST, SALT, CORN MEAL.

**ALLERGENS:** CONTAINS SOY and EGG.

Upc/Order#  
**7 63775 06089 0**

Packed 7/12 oz  
per case

keep frozen



*Gillian's*

the finest in wheat, gluten & Dairy free products

Available from: