

LC-English Muffins[®]

Simply Plain 6 pack



Diabetic
Friendly
Low
Carb



Refrigerate or Freeze After Receiving
Suggest opening muffins with a fork

Nutrition Facts

Serving Size ½ muffin (52.7g)

(half - 4" wide x 1" thick muffin)

Servings per container 12

Amount Per Serving

Calories 134

Calories from Fat 42

		%Daily Value*	
Total Fat 4.7g	7%	Total Carbohydrate 11g	4%
Saturated Fat 2g	10%	Dietary Fiber 9g	26%
Trans Fat 0g		Sugars 0g	0%
Cholesterol 11mg	4%	Protein 12g	24%
Sodium 249mg	10%	Net Carbs 2g	

*Percent daily values are based on a 2000 calorie diet.

Ingredients: Wheat protein isolates, resistant wheat starches, flax seed meal, vital wheat gluten, cream, butter, instant dry yeast, Inulin (chicory root) fiber, salt, vinegar, calcium propionate (as a preservative) organic stevia rebaudiana leaf natural herbal extracts, and natural luohanguo monk fruit.

Allergen Warning: Processed in a facility that uses nuts and gluten.

Net Wt. 22.3 oz (632.4g) Qty 6 - 4" Muffins



Manufactured by LC Foods[™]
Company, Raleigh NC 27604