

Sausage Cheese Muffin (10/2016)

Nutrition Facts	
Serving Size 1 sandwich (111.00g/3.9oz)	
Amount Per Serving	
Calories 380	Calories from Fat 220
	% Daily Value*
Total Fat 25g	38%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 940mg	39%
Total Carbohydrate 29g	10%
Dietary Fiber less than 1g	4%
Sugars less than 1g	
Protein 12g	
Vitamin A 4%	•
Calcium 20%	
Iron 10%	
Not a significant source of vitamin C.	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65 g 80 g
Saturated Fat	Less than 20 g 25 g
Cholesterol	Less than 300 mg 300 mg
Sodium	Less than 2,400 mg 2,400 mg
Total Carbohydrate	300 g 375 g
Dietary Fiber	25 g 30 g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Ingredients: Muffin: Enriched flour bleached(wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, yeast, contains less than two percent of each of the following: wheat gluten, yellow corn flour, yellow corn meal, calcium propionate (a preservative), salt, high fructose corn syrup, distilled vinegar, calcium sulfate, wheat starch, fumaric acid, citric acid, calcium citrate, artificial and natural flavors(vegetable source), contains one or more of the following vegetable oils: soybean oil, fractionated coconut oil, fractionated palm oil, dough conditioners may contain one or more of the following: ascorbic acid, datem, enzymes, calcium peroxide, azodicarbonamide, monocalcium phosphate. **Sausage Patty:** Pork, Water, Contains 2% or less of: Salt, Spices, Dextrose, Monosodium Glutamate, Sodium Phosphates, BHT, Citric Acid, Caramel Color. **Pasteurized Process Cheddar Cheese:** Cultured milk, water, cream, sodium phosphates, salt, sorbic acid (preservative), vegetable color (annatto and paprika extract), enzymes.

CONTAINS: WHEAT, MILK, SOY.

Nutrition Facts Serving Size: 1 sandwich (111.00g/3.9oz), Amount Per Serving: **Calories** 380, Calories from Fat 220, **Total Fat** 25g (38% DV), Saturated Fat 9g (45% DV), Trans Fat 0g, **Cholesterol** 45mg (15% DV), **Sodium** 940mg (39% DV), **Total Carbohydrate** 29g (10% DV), Dietary Fiber less than 1g (4% DV), Sugars less than 1g, **Protein** 12g, Vitamin A (4% DV), Calcium (20% DV), Iron (10% DV).
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