



**GOLD' n RICH Whole Grain  
100% Whole Wheat English  
Muffins/ Grain Entier de  
100% Blé Entier Muffins  
Anglais 6pk**



UPC# 0 64388 60030 6

Product Code:

Pack Size: 6 muffins / bag

Muffin Weight: 75g ± 5g

Product Dimensions (inches):

Height: 1.10 ± 0.2

Width: 3.5 ± 0.2

Slice: 0.6 ± .02

Topping: Cornmeal

Shelf Life: 8 days at room temperature

Frozen Shelf Life: 120 days, pull from freezer + 7 days

**Nutrition Facts  
Valeur nutritive**

Per 1 muffin (75 g)  
pour 1 muffin (75 g)

| Amount<br>Teneur                                 | % Daily Value<br>% valeur quotidienne |
|--|---------------------------------------|
| <b>Calories / Calories</b> 140                   |                                       |
| <b>Fat / Lipides</b> 1.5 g                       | <b>2 %</b>                            |
| Saturated / saturés 0.3 g<br>+ Trans / trans 0 g | <b>2 %</b>                            |
| <b>Cholesterol / Cholestérol</b> 0 mg            |                                       |
| <b>Sodium / Sodium</b> 240 mg                    | <b>10 %</b>                           |
| <b>Carbohydrate / Glucides</b> 26 g              | <b>9 %</b>                            |
| Fibre / Fibres 3 g                               | <b>12 %</b>                           |
| Sugars / Sucres 1 g                              |                                       |
| <b>Protein / Protéines</b> 6 g                   |                                       |
| Vitamin A / Vitamine A                           | 0 %                                   |
| Vitamin C / Vitamine C                           | 4 %                                   |
| Calcium / Calcium                                | 15 %                                  |
| Iron / Fer                                       | 8 %                                   |

**Made in Canada with locally sourced  
ingredients**

INGREDIENTS: Whole Wheat Flour, Water, Yeast, Sugar, Wheat Gluten, Salt, Canola Oil, Vinegar, Calcium Propionate, Diacetyl Tartaric Acid Esters of Mono-Diglycerides, Citric Acid, Fumaric Acid, Malted Barley Flour, Roasted Wheat Malt Flour, Sorbic Acid.

Topping: Corn Meal

CONTAINS: Wheat, Barley

MAY CONTAIN: Sesame Seeds, Soy, Milk Ingredients, Egg, Sulphites, Mustard

INGRÉDIENTS: Farine de Blé Entier, Eau, Levure, Sucre, Gluten de Blé, Propionate de Calcium, Huile de Canola, Esters Tartriques de Mono-diglycérides Diacétylés, Acide Citrique, Acide Fumarique, Sel, Farine d'Orge Maltée, Farine de Malt de Blé Rôti, Acide Sorbique.

Garniture: Semoule de Maïs

CONTIENT: Blé, Orge

PEUT CONTENIR: Graines de Sesame, Soja, Ingrédients Laitiers, Oeuf, Sulfites, Moutarde