

# Nutrition Facts

8 servings per container

**Serving size** 1 English muffin half

**Amount Per Serving**

**Calories** **130**

**% Daily Value\***

**Total Fat** 4g **5%**

Saturated Fat 2g **10%**

*Trans* Fat 0.125g

Polyunsaturated Fat 0.5g

Monounsaturated Fat 0.924g

**Cholesterol** 10mg **3%**

**Sodium** 230mg **10%**

**Total Carbohydrate** 18g **7%**

Dietary Fiber 4g **14%**

Total Sugars 6g

Includes < 1g Added Sugars **2%**

Sugar Alcohol 0g

**Protein** 7g **14%**

Vitamin D 0.053mcg 0%

Calcium 204mg 15%

Iron 2mg 10%

Potassium 364mg 8%

\*The % Daily Value (DV) 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.