

**Gordon Choice English Muffins,  
Fork Split, Frozen, 2 Ounce, 12 Ct  
Package, 12/Case**



Item Number: 208640    

These English muffins provide a homemade taste and texture, ideal for use in creating signature sandwiches, breakfast items, and more. Made using quality ingredients, this bread may be served toasted or cold.

- **Thaw-and-serve convenience reduces labor and preparation time**

Case (12/12 Count Package)

\$0.18/Each **\$25.79**

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## Nutrition

Based On:

Rounding:

### Ingredients

ENRICHED BLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, CONTAINS 2% OR LESS OF: SUGAR, WHEAT GLUTEN, DATEM, CITRIC ACID, FUMARIC ACID, ASCORBIC ACID, SALT, WHITE CORN MASA FLOUR, LIME, VINEGAR, CALCIUM PROPIONATE AND POTASSIUM SORBATE (PRESERVATIVES), AZODICARBONAMIDE. COMMON ALLERGENS PRESENT: Wheat. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated March 2017. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

### Nutrition Facts

Serving Size 1 each (57g)	
Amount Per Serving	
<b>Calories</b> 110	Calories From Fat 5.8
% Daily Value *	
<b>Fat</b> 0.5g	1%
Saturated Fat 0g	1%
Trans Fat 0g	
PolyUnsat. Fat 0g	n/a
MonoUnsat Fat 0g	n/a
<b>Cholesterol</b> 0mg	n/a
<b>Sodium</b> 220mg	9%
<b>Potassium</b> 40mg	1%
<b>Carbohydrates</b> 22g	7%
Fiber 1g	3%
Sugar 1g	
<b>Protein</b> 5g	9%
Vitamin A IU 0%    Vitamin B6 1%    Vitamin B12 0%    Vitamin C 2%	
Calcium 4%    Iron 8%    Phosphorous 3%    Magnesium 2%	
Zinc 2%    Thiamin 21%    Riboflavin 8%    Niacin B3 12%	
Folic Acid 0%	
* Based on a 2000 calorie diet	
<b>Calories Per Gram:</b>	
Fat: 9    Carbohydrates: 4    Protein: 4	

**School Equivalents:**

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

**Water Soluble Vitamins:**

Thiamin	0.319 mg
Riboflavin	0.143 mg
Niacin B3	2.462 mg
Pantothenic Acid	n/a
Folic Acid	0.051 mcg
Vitamin B6	0.011 mg
Vitamin B12	0 mcg
Vitamin C	1.23 mg

**Updated For New Final Rule:**

Meat/Meat Alternative	n/a
Grain/Breads	n/a
Fruit	n/a
Red/Orange	n/a
Dark Green	n/a
Starchy	n/a
Beans/Peas	n/a
Other	n/a
Notes:	n/a

**Fat Soluble Vitamins:**

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	0.78 IU

**Minerals:**

Phosphorous	28.9 mg
Zinc	0.2 mg
Magnesium	7.439 mg
Copper	n/a
Selenium	n/a
Calcium	37.06 mg
Iron	1.59 mg
Manganese	n/a
Iodine	n/a

**Additional Images**

