



Otis Spunkmeyer, Inc.,
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San Leandro, CA 94577

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Delicious Essentials™ - Nutritionally Specific

Delicious Essentials Wild Blueberry Muffins

Item Code: 10143 Item Size: 2oz - IW - 72
Muffins/No Tray
Case Pack: 72 Net Case Weight: 9lb



A breakfast favorite made with Wild Blueberries. Individually wrapped for to-go convenience.

Made with whole grain

WHOLE GRAIN DECLARATION: 9g or more per serving

Creditable Grain Ounce Equivalent: .1

Delicious essentials thaw and serve muffins come in four popular flavors that are individually wrapped with a 14 day shelf life when kept at room temperature. Available in a 2 oz and a 4 oz size, they are made to meet strict school nutritional standards without sacrificing taste.

Shelf Life

365 days (unopened) from the date of production when stored at or below 0° F (-18° C).

14 days (wrapped) when thawed at room temperature.

Defrosting / Handling Tips

Thaw in original packaging.

Nutrition Facts

Serving Size 1 Muffin (57g)

Servings Per Container

Amount Per Serving

Calories 190 **Calories from Fat 50**
Calories from Saturated Fat 15

	% Daily Value*
Total Fat 6g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 2g	
Cholesterol 45mg	15%
Sodium 130mg	5%
Total Carbohydrate 30g	10%
Dietary Fiber 2g	10%
Sugars 16g	

Protein 3g

Vitamin A 2% • **Vitamin C 0%**

Calcium 2% • **Iron 6%**

*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	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: WHOLE WHEAT FLOUR, SUGAR, EGGS, WATER, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), BLUEBERRIES, INVERT SUGAR, SOYBEAN OIL, CONTAINS 2% OR LESS OF: PALM OIL, CANOLA OIL, OAT FIBER, LEAVENING (SODIUM ALUMINUM PHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), PROPYLENE GLYCOL MONO- AND DIESTERS OF FATS AND FATTY ACIDS, MONO- AND DIGLYCERDIES, MODIFIED CORN STARCH, POTASSIUM SORBATE (PRESERVATIVE), SODIUM ALGINATE, PROPYLENE GLYCOL MONOSTEARATE, SALT, SODIUM STEAROYL LACTYLATE, SOY LECITHIN, NATURAL AND ARTIFICIAL FLAVORS, BLUEBERRY JUICE CONCENTRATE, BLACKBERRY JUICE CONCENTRATE, MALIC ACID, ENZYMES.

CONTAINS: WHEAT, EGGS, SOY