



Otis Spunkmeyer, Inc.,  
14490 Catalina Street,  
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.

<b>Nutrition Facts</b>	
Serving Size 1 Muffin (57g)	
Servings Per Container	
<b>Amount Per Serving</b>	
<b>Calories 190</b>	<b>Calories from Fat 50</b>
<b>Calories from Saturated Fat 15</b>	
<b>% Daily Value*</b>	
<b>Total Fat 6g</b>	<b>9%</b>
<b>Saturated Fat 2g</b>	<b>10%</b>
<b>Trans Fat 0g</b>	
<b>Polyunsaturated Fat 1.5g</b>	
<b>Monounsaturated Fat 2g</b>	
<b>Cholesterol 45mg</b>	<b>15%</b>
<b>Sodium 130mg</b>	<b>5%</b>
<b>Total Carbohydrate 30g</b>	<b>10%</b>
<b>Dietary Fiber 2g</b>	<b>10%</b>
<b>Sugars 16g</b>	
<b>Protein 3g</b>	
<b>Vitamin A 2%</b>	<b>Vitamin C 0%</b>
<b>Calcium 2%</b>	<b>Iron 6%</b>
*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 DIGLYCERIDES, 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

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