



Otis Spunkmeyer, Inc.,
14490 Catalina Street,
San Leandro, CA 94577

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Delicious Essentials™ - Nutritionally Specific Delicious Essentials Apple Cinnamon Muffins

Item Code: 10146

Item Size: 2oz - IW - 72
Muffins/No Tray

Case Pack: 72

Net Case Weight: 9lb



The aroma of cinnamon and spices makes mornings delicious! 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)			
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 40mg	14%		
Sodium 130mg	5%		
Total Carbohydrate 31g	10%		
Dietary Fiber 2g	10%		
Sugars 16g			
Protein 3g			
Vitamin A 2%	• Vitamin C 4%		
Calcium 4%	• 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), INVERT SUGAR, APPLES, SOYBEAN OIL, CONTAINS 2% OR LESS OF: PALM OIL, CANOLA OIL, WHEAT GLUTEN, OAT FIBER, PROPYLENE GLYCOL MONO- AND DIESTERS OF FATS AND FATTY ACIDS, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE), MONO- AND DIGLYCERIDES, CINNAMON, MODIFIED CORN STARCH, POTASSIUM SORBATE (PRESERVATIVE), SODIUM ALGINATE, SALT, PROPYLENE GLYCOL MONOSTEARATE, SODIUM STEAROYL LACTYLATE, SOY LECITHIN, NATURAL FLAVORS, CARAMEL COLOR, ENZYMES.

CONTAINS: WHEAT, EGGS, SOY

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