



Mrs. Fields Apple Spice Muffin

NUTRITION INFORMATION

Nutritional information is taken on average quantities
Individual product weights may vary

Servings per package: 1

Serving size: 125g

	Average Quantity per Serving	Average Quantity per 100g
Energy	1712kJ	1370kJ
Protein	5.4g	4.3g
Fat, Total	17.9g	14.3g
- Saturated	8.4g	6.7g
Carbohydrate	53.7g	43.0g
- Sugars	29.4g	23.6g
Sodium	511mg	409mg

Ingredients:

Wheat Flour, Sugar, Apple (16%), Butter (Cream, Water), **Egg**, Brown Sugar, Water, Canola Oil, Natural Vanilla Flavour (Contains Colour (150d), Food Acid (332)), Whey Powder (**Milk**), Cinnamon Sugar, Salt, Emulsifier (541), Raising Agent (500), Thickener (415), Yeast (Contains Emulsifier (491), Antioxidant (300), Thickener (414)).

Shelf Life:

Once baked, keep in display cabinet till end of the day it is baked.

Country of Origin: Made in Australia

Process Statement:

Made on the premises where wheat, oats, sesame seeds, nuts, dairy (milk), egg and soya products are processed. The muffins will be baked on the premises where peanuts were handled.

Date of Issue:
21/07/16

Mrs Fields
Unit 11, 7-15 Gundah Rd
Mt Ku-ring Gai, NSW2080
Tel: 02-9472-8555



Mrs. Fields Assorted Biscotti

NUTRITION INFORMATION

Nutritional information is taken on average quantities
Individual product weights may vary

Servings per package: 10

Serving size: 25g

	Average Quantity per Serving	Average Quantity per 100g
Energy	475kJ	1901kJ
Protein	1.5g	5.9g
Fat, Total	5.3g	21.3g
- Saturated	2.7g	10.7g
Carbohydrate	14.4g	57.4g
- Sugars	8.2g	32.7g
Sodium	127mg	509mg

Ingredients:

Wheat Flour, Sugar, Berries, Milk & Dark Chocolate (Sugar, Cocoa Mass, Cocoa Butter, Skim **Milk** Powder, Whey Powder, Milk Fat, Emulsifier (**Soya** Lecithin), Vanillin), Butter (Cream, Water), **Egg**, Apple, Banana, Cream Cheese (Contains Vegetable Gum (410)), Brown Sugar, Water, Canola Oil, Lemon, Cinnamon, Natural Flavours (Contains Colour (150d), Food Acid (332)), Whey Powder (**Milk**), Caramel Sauce (Contains Thickener 1442, Vegetable Gum 401, Emulsifier 471, Preservative 202, Mineral Salt 339) **Macadamia Nuts**, Caramel Fudge Pieces, Salt, Emulsifier (541), Raising Agent (500), Thickener (415), Yeast (Contains Emulsifier (491), Antioxidant (300), Thickener (414)).

Shelf Life: 2 weeks in sealed bags

Country of Origin: Made in Australia

Process Statement:

Made on the premises where wheat, oats, sesame seeds, nuts, dairy (milk), egg and soya products are processed. The muffins will be baked on the premises where peanuts were handled.

Date of Issue:
06/10/16

Mrs Fields
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Mrs. Fields Banana Choc Chip Muffin

NUTRITION INFORMATION

Nutritional information is taken on average quantities

Individual product weights may vary

Servings per package: 1

Serving size: 135g

	Average Quantity per Serving	Average Quantity per 100g
Energy	2053kJ	1520kJ
Protein	5.9g	4.4g
Fat, Total	23.0g	17.0g
- Saturated	13.8g	10.2g
Carbohydrate	62.7g	46.4g
- Sugars	38.7g	28.6g
Sodium	476mg	353mg

Ingredients:

Wheat Flour, Sugar, Banana (15%), Milk Chocolate (15%)(Sugar, Cocoa Mass, Cocoa Butter, Skim **Milk** Powder, Whey Powder, Milk Fat, Emulsifier (**Soya** Lecithin), Vanillin), Butter (Cream, Water), **Egg**, Brown Sugar, Water, Canola Oil, Natural Vanilla Flavour (Contains Colour (150d), Food Acid (332)), Whey Powder (**Milk**), Salt, Emulsifier (541), Raising Agent (500), Thickener (415), Yeast (Contains Emulsifier (491), Antioxidant (300), Thickener (414)).

Shelf Life:

Once baked, keep in display cabinet till end of the day it is baked.

Country of Origin: Made in Australia

Process Statement:

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Mrs. Fields Lemon Cheesecake Muffin

NUTRITION INFORMATION

Nutritional information is taken on average quantities
Individual product weights may vary

Servings per package: 1

Serving size: 125g

	Average Quantity per Serving	Average Quantity per 100g
Energy	1965kJ	1572kJ
Protein	6.7g	5.3g
Fat, Total	22.7g	18.2g
- Saturated	11.2g	9.0g
Carbohydrate	56.7g	45.4g
- Sugars	30.2g	24.1g
Sodium	593mg	474mg

Ingredients:

Wheat Flour, Sugar, Butter (Cream, Water), **Egg**, Cream Cheese (8%)(**Milk**, Cream, Salt, Vegetable Gum (410), Starter Culture), Brown Sugar, Water, Canola Oil, Lemon, Natural Vanilla Flavour (Contains Colour (150d), Food Acid (332)), Whey Powder (**Milk**), Salt, Emulsifier (541), Raising Agent (500), Thickener (415), Yeast (Contains Emulsifier (491), Antioxidant (300), Thickener (414)).

Shelf Life:

Once baked, keep in display cabinet till end of the day it is baked.

Country of Origin: Made in Australia

Process Statement:

Made on the premises where wheat, oats, sesame seeds, nuts, dairy (milk), egg and soya products are processed. The muffins will be baked on the premises where peanuts were handled.

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Mrs. Fields Raspberry Choc Chip Muffin

NUTRITION INFORMATION

Nutritional information is taken on average quantities
Individual product weights may vary

Servings per package: 1

Serving size: 135g

	Average Quantity per Serving	Average Quantity per 100g
Energy	2023kJ	1499kJ
Protein	5.9g	4.4g
Fat, Total	22.9g	17.0g
- Saturated	13.8g	10.2g
Carbohydrate	60.2g	44.6g
- Sugars	37.5g	27.8g
Sodium	476mg	353mg

Ingredients:

Wheat Flour, Sugar, Raspberry (15%), Milk Chocolate (15%)(Sugar, Cocoa Mass, Cocoa Butter, Skim **Milk** Powder, Whey Powder, Milk Fat, Emulsifier (**Soya** Lecithin), Vanillin), Butter (Cream, Water), **Egg**, Brown Sugar, Water, Canola Oil, Natural Vanilla Flavour (Contains Colour (150d), Food Acid (332)), Whey Powder (**Milk**), Salt, Emulsifier (541), Raising Agent (500), Thickener (415), Yeast (Contains Emulsifier (491), Antioxidant (300), Thickener (414)).

Shelf Life:

Once baked, keep in display cabinet till end of the day it is baked.

Country of Origin: Made in Australia

Process Statement:

Made on the premises where wheat, oats, sesame seeds, nuts, dairy (milk), egg and soya products are processed. The muffins will be baked on the premises where peanuts were handled.

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Mrs. Fields Berry Muffin

NUTRITION INFORMATION

Nutritional information is taken on average quantities
Individual product weights may vary

Servings per package: 1

Serving size: 125g

	Average Quantity per Serving	Average Quantity per 100g
Energy	1718kJ	1374kJ
Protein	5.4g	4.4g
Fat, Total	17.9g	14.3g
- Saturated	8.4g	6.7g
Carbohydrate	53.5g	42.8g
- Sugars	29.1g	23.3g
Sodium	510mg	408mg

Ingredients:

Wheat Flour, Sugar, Berries (16%), Butter (Cream, Water), **Egg**, Brown Sugar, Water, Canola Oil, Natural Vanilla Flavour (Contains Colour (150d), Food Acid (332)), Whey Powder (**Milk**), Salt, Emulsifier (541), Raising Agent (500), Thickener (415), Yeast (Contains Emulsifier (491), Antioxidant (300), Thickener (414)).

Shelf Life:

Once baked, keep in display cabinet till end of the day it is baked.

Country of Origin: Made in Australia

Process Statement:

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Date of Issue:
22/07/16

Mrs Fields
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Mrs. Fields Caramel Macadamia Muffin

NUTRITION INFORMATION

Nutritional information is taken on average quantities
Individual product weights may vary

Servings per package: 1

Serving size: 125g

	Average Quantity per Serving	Average Quantity per 100g
Energy	2150kJ	1720kJ
Protein	6.6g	5.3g
Fat, Total	27.8g	22.2g
- Saturated	10.4g	8.4g
Carbohydrate	59.4g	47.5g
- Sugars	31.8g	25.5g
Sodium	537mg	430mg

Ingredients:

Wheat Flour, Sugar, Butter (**Cream**, Water), Water, **Macadamia Nuts** (8.7%), **Eggs**, Sugar, Canola Oil, Caramel Sauce (2.3%)(Contains Thickener 1442, Vegetable Gum 401, Emulsifier 471, Preservative 202, Mineral Salt 339), Natural Vanilla Flavour (contains Colour 150d, Food Acid 332), Natural Caramel Flavour, Caramel Fudge Pieces (1.2%)(Contains **Soybean** Oil), Whey Powder, Salt, Emulsifiers (541, 415), Raising Agent (500), Yeast (Contains Rehydration Agent E491, Antioxidant E300, Vegetable Gum E414).

Shelf Life:

Once baked, keep in display cabinet till end of the day it is baked.

Country of Origin: Made in Australia

Process Statement:

Made on the premises where wheat, oats, sesame seeds, nuts, dairy (milk), egg and soya products are processed. The muffins will be baked on the premises where peanuts were handled.

Date of Issue:
22/09/16

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Mrs. Fields Choc Chip Muffin

NUTRITION INFORMATION

Nutritional information is taken on average quantities
Individual product weights may vary

Servings per package: 1

Serving size: 125g

	Average Quantity per Serving	Average Quantity per 100g
Energy	2135kJ	1708kJ
Protein	6.1g	4.9g
Fat, Total	24.6g	19.7g
- Saturated	14.6g	11.7g
Carbohydrate	63.7g	51.0g
- Sugars	38.7g	31.0g
Sodium	524mg	420mg

Ingredients:

Wheat Flour, Sugar, Milk Chocolate (16%)(Sugar, Cocoa Mass, Cocoa Butter, Skim **Milk** Powder, Whey Powder, Milk Fat, Emulsifier (**Soya** Lecithin), Vanillin), Butter (Cream, Water), **Egg**, Brown Sugar, Water, Canola Oil, Natural Vanilla Flavour (Contains Colour (150d), Food Acid (332)), Whey Powder (**Milk**), Salt, Emulsifier (541), Raising Agent (500), Thickener (415), Yeast (Contains Emulsifier (491), Antioxidant (300), Thickener (414)).

Shelf Life:

Once baked, keep in display cabinet till end of the day it is baked.

Country of Origin: Made in Australia

Process Statement:

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22/07/16

Mrs Fields
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Mrs. Fields Chocolate Muffin

NUTRITION INFORMATION

Nutritional information is taken on average quantities
Individual product weights may vary

Servings per package: 1

Serving size: 125g

	Average Quantity per Serving	Average Quantity per 100g
Energy	2121kJ	1697kJ
Protein	6.5g	5.2g
Fat, Total	24.0g	19.2g
- Saturated	11.9g	9.5g
Carbohydrate	65.9g	52.7g
- Sugars	38.3g	30.6g
Sodium	510mg	408mg

Ingredients:

Wheat Flour, Dark Chocolate (15%)(Sugar, Cocoa Mass, Cocoa Butter, Dextrose, Emulsifier (**Soya** Lecithin), Vanillin), Sugar, Butter (**Cream**, Water), Water, **Eggs**, Brown Sugar, Canola Oil, Cocoa Powder, Natural Vanilla Flavour (contains Colour 150d, Food Acid 332), Natural Chocolate Flavour, **Whey** Powder, Salt, Emulsifiers (541, 415), Raising Agent (500), Yeast (Contains Rehydration Agent E491, Antioxidant E300, Vegetable Gum E414),

Shelf Life:

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Country of Origin: Made in Australia

Process Statement:

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22/09/16

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Mrs. Fields Assorted Biscotti

NUTRITION INFORMATION

Nutritional information is taken on average quantities
Individual product weights may vary

Servings per package: 10

Serving size: 25g

	Average Quantity per Serving	Average Quantity per 100g
Energy	461kJ	1842kJ
Protein	1.4g	5.7g
Fat, Total	5.0g	20.1g
- Saturated	2.7g	10.6g
Carbohydrate	14.0g	56.1
- Sugars	8.0g	32.1g
Sodium	126mg	505mg

Ingredients:

Wheat Flour, Sugar, Berries, Milk Chocolate (Sugar, Cocoa Mass, Cocoa Butter, Skim **Milk** Powder, Whey Powder, Milk Fat, Emulsifier (**Soya** Lecithin), Vanillin), Butter (Cream, Water), **Egg**, Apple, Banana, Cream Cheese (Contains Vegetable Gum (410)), Brown Sugar, Water, Canola Oil, Lemon, Cinnamon, Natural Vanilla Flavour (Contains Colour (150d), Food Acid (332)), Whey Powder (**Milk**), Salt, Emulsifier (541), Raising Agent (500), Thickener (415), Yeast (Contains Emulsifier (491), Antioxidant (300), Thickener (414)).

Shelf Life: 2 weeks in sealed bags

Country of Origin: Made in Australia

Process Statement:

Made on the premises where wheat, oats, sesame seeds, nuts, dairy (milk), egg and soya products are processed. The muffins will be baked on the premises where peanuts were handled.

Date of Issue:
25/07/16

Mrs Fields
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