



# 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 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:

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:**  
06/07/16

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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:

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 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:

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**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 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),

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