



**BERNARD**  
FOOD INDUSTRIES, INC.®

**HI PROTEIN  
BRAN  
MUFFIN MIX**

REORDER 531133

- Excellent source of protein incorporated into traditional foods providing an alternative to liquid supplements.
- High Quality Protein. We use Isolated Soy Protein providing extremely high rate of digestibility and equal in protein quality to milk and egg white protein.
- Calcium enriched to help promote bone strength.
- Bran Muffin is fiber enriched over and above normal fiber content.
- Cholesterol Free.
- Great tasting, cost effective and easy to prepare.
- Complete mix products requiring only the addition of water although additional fruit pieces may be added.

YIELD PER CASE: 144 muffin servings

PACK SIZE: 12 @ 16 oz.

**Nutrition Facts**

12 servings per container

**Serv. size** 1/12 package (38g mix)

**Amount per serving**  
**Calories** **160**

**% Daily Value\***

<b>Total Fat</b> 4.5g	<b>6%</b>
Saturated Fat 2g	<b>11%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 180mg	<b>8%</b>
<b>Total Carbohydrate</b> 24g	<b>9%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 14g	
Includes 14g Added Sugars	<b>28%</b>
<b>Protein</b> 6g	
Vitamin D 0mcg	0%
Calcium 150mg	12%
Iron 1mg	6%
Potassium 75mg	2%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients : Sugar, Enriched Bleached Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Shortening (Palm Oil, Mono And Diglycerides, Polysorbate 60), Isolated Soy Protein, Wheat Bran, Powdered Cellulose, Dried Egg White With Sodium Lauryl Sulfate, Lecithinated Soy Flour, Calcium Sulfate, Emulsifier (Propylene Glycol Mono And Diesters Of Fats And Fatty Acids, Mono And Diglycerides, Nonfat Milk, Palm Oil And Disodium Phosphate), Sodium Bicarbonate, Silicon Dioxide, Sodium Aluminum Phosphate, Monocalcium Phosphate, Artificial Flavor.  
Contains Milk, Egg, Wheat, Soy