

# Chocolate Marble Muffin 28/02/19



## Nutrition Facts Valeur nutritive

1 muffin (170 g) / 1 pain (170 g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories	590
Fat / Lipides	30 g 45 %
Saturated / saturés	7 g 37 %
+ Trans / trans	0.1 g
Cholesterol / Cholestérol	60 mg
Sodium / Sodium	330 mg 14 %
Carbohydrates / Glucides	74 g 25 %
Fibre / Fibres	2 g 10 %
Sugars / Sucres	37 g
Protein / Protéines	10 g
Vitamin A / Vitamine A	2 %
Vitamin C / Vitamine C	2 %
Calcium / Calcium	25 %
Iron / Fer	30 %

**INGREDIENTS:** Flour (wheat), Water, Brown Sugar, Canola Oil, Semi sweet chocolate (sugar, chocolate liquor, cocoa butter, anhydrous dextrose, soya lecithin, vanillin) (milk), Egg, Whip Cream (cream, stabilizer (dextrose, carrageenan) (milk), white chocolate (sugar, cocoa butter, whole milk powder, skim milk powder, milkfat, soya lecithin, vanilla extract), Milk Chocolate (sugar, whole milk powder, cocoa butter, chocolate liquor, alkalized chocolate liquor, anhydrous dextrose, milkfat, soya lecithin, vanillin), Chocolate (Sugar, Vegetable fat (palm kernel and/or palm), cocoa powder with alkali, cocoa powder, skim milk powder, whey powder (milk), lactose (milk), soy lecithin, natural vanilla extract) (milk, soybeans), Baking Powder, Buttermilk Powder (milk), Vanilla (water, alcohol, vanilla beans, Vegetable glycerine), Salt

**INGRÉDIENTS:** Farine (blé), eau, sucre brun, huile de canola, chocolat semi sucré (sucre, liqueur de chocolat, beurre de cacao, dextrose anhydre, lécithine de soja, vanilline) (lait), euf, Fouetter la crème (crème, stabilisateur (dextrose, carraghénane) (lait), chocolat blanc (sucre, beurre de cacao, lait entier en poudre, lait écrémé en poudre, matière grasse du lait, lécithine de soja, extrait de vanille), chocolat au lait (sucre, lait entier en poudre, beurre de cacao, liqueur de chocolat, alcalinisée liqueur de chocolat, dextrose anhydre, matière grasse du lait, lécithine de soja, vanilline), chocolat (sucre, graisse végétale (palme kernal et / ou de palme), poudre de cacao avec de l'alcali, poudre de cacao, poudre de lait écrémé, poudre de lactosérum (lait), le lactose (lait), lécithine de soja, extrait naturel de vanille) (lait, soja), poudre à pâte, poudre de babeurre (lait), la vanille (eau, alcool, gosses de vanille, glycérine végétale), sel

### Receiving Specifications

**Shelf life:** 3 days

**Refrigeration:** not required



### Allergen Information

Contains: Wheat, Egg, Dairy, Chocolate, & Soy Products.

Produced on equipment that also processes: Peanuts, Tree Nuts, Sesame Seeds, & Sulphites.

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# Cranberry Orange Muffin 28/02/2019



**INGREDIENTS:** Flour (wheat), Water, Brown Sugar, Canola Oil, Cranberries, Egg, Poppy Seeds, Oranges, Baking Powder, Buttermilk Powder (milk), Sugar, Margarine (Canola oil, water, modified palm and palm kernel oils, salt, vegetable monoglycerides, soya lecithin, sodium benzoate, citric acid, artificial flavour, vitamin A palmitate, vitamin D3) (soybeans), Oats, Vanilla (water, alcohol, vanilla beans, Vegetable glycerine), Salt

**INGRÉDIENTS:** Farine (farine de blé, amylase, acide ascorbique, niacine, fer, thiamine, mononitrate, riboflavine, acide folique) (blé), eau, sucre brun, Huile de Canola, Canneberges, Oeuf, Clous de girofle, Oranges, Levain en poudre, Poudre de babeurre (lait), sucre, Margarine (Huiles de colza huile, d'eau, de palme modifiée et de palmiste, le sel, les monoglycérides végétales, la lécithine de soja, le benzoate de sodium, acide citrique, arôme artificiel, palmitate de vitamine A, la vitamine D3) (soja), avoine, Vanille (eau, alcool, gosses de vanille, glycérine végétale), Sel

Allergen Information

Contains: Wheat, Egg, Dairy, & Soy Products.

Produced on equipment that also processes: Peanuts, , Sulphites, Tree Nuts, Sesame Seeds.

## Nutrition Facts Valeur nutritive

1 muffin (155 g) / 1 pain (155 g)

Amount Teneur	% Daily Value % valeur quotidienne
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Calories / Calories 460

Fat / Lipides 21 g 33 %

Saturated / saturés 0.5 g 3 %  
+ Trans / trans 0 g

Cholesterol / Cholestérol 45 mg

Sodium / Sodium 310 mg 13 %

Carbohydrates / Glucides 60 g 20 %

Fibre / Fibres 2 g 10 %

Sugars / Sucres 24 g

Protein / Protéines 9 g

Vitamin A / Vitamine A 2 %

Vitamin C / Vitamine C 8 %

Calcium / Calcium 25 %

Iron / Fer 25 %

### Receiving Specifications

**Shelf life:** 3 days

**Refrigeration:** not required



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# Gluten Free Blueberry Muffin 28/02/2019



Ingredients: Egg, Canola Oil, Blueberries, Brown Sugar, Sugar, Tapioca, White Rice Flour, Potato Starch (potatoes, mono and diglycerides, citric acid), Water, Coconut (Coconut, sugar, water propylene glycol, salt, sodium metabisulfite) (sulphites), Butter (cream) (milk), Lemon Zest (Lemon Peel, Sugar, Lemon Oil), Baking Powder, Lemon Juice Powder (corn syrup, lemon juice, lemon oil, silicon dioxide), Vanilla (water, alcohol, vanilla beans, Vegetable glycerine), Salt, Xanthan Gum

Ingrédients: oeufs , huile de canola , Myrtilles , Brown Sugar, Sugar , tapioca , blanc farine de riz , de pomme de terre ( pommes de terre, mono et diglycérides , acide citrique ) , eau , noix de coco ( noix de coco , le sucre , le propylène de l'eau -glycol , le sel , le métabisulfite de sodium ) (sulfites ) , beurre ( crème) ( lait) , Lemon Zest ( Lemon Peel , sucre , huile de citron ) , poudre à pâte , le jus de citron en poudre ( sirop de maïs, jus de citron , huile de citron , le dioxyde de silicium ) , la vanille (eau, alcool , gousses de vanille , glycérine végétale ) , sel , gomme de xanthane

#### Allergen Information

Contains: Dairy, Sulphites, & Egg Products.  
Produced on equipment that also processes: Wheat, Soy, Peanuts, Tree Nuts, Sesame Seeds.

## Nutrition Facts Valeur nutritive

1 Muffin (95 g) /

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories	340
Fat / Lipides 19 g	30 %
Saturated / saturés 2 g + Trans / trans 0 g	10 %
Cholesterol / Cholestérol	95 mg
Sodium / Sodium	230 mg 10 %
Carbohydrates / Glucides	32 g 11 %
Fibre / Fibres	1 g 3 %
Sugars / Sucres	21 g
Protein / Protéines	3 g
Vitamin A / Vitamine A	4 %
Vitamin C / Vitamine C	2 %
Calcium / Calcium	2 %
Iron / Fer	4 %

#### Receiving Specifications

**Shelf life:** 3 days  
**Refrigeration:** not required

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# Gluten Free Lemon Raspberry Muffin

28/02/2019



Ingredients; Egg, Canola Oil, Brown Sugar, Raspberries, Tapioca, Sugar, White Rice Flour, Potato Flour (potatoes, mono and diglycerides, citric acid), Water, Butter (cream) (milk), Lemon Zest (Lemon Peel, Sugar, Lemon Oil), Baking Powder, Lemon Juice Powder (corn syrup, lemon juice, lemon oil, silicon dioxide), Vanilla (water, alcohol, vanilla beans, Vegetable glycerine), Salt, Xanthan Gum

Ingrédients; Egg , huile de canola , Brown Sugar , Framboises, Tapioca , sucre , blanc farine de riz, de pommes de terre Starch ( pommes de terre, mono et diglycérides, acide citrique ) , eau , beurre ( crème) ( lait) , Lemon Zest ( Lemon Peel , sucre , citron huile ) , poudre à pâte , le jus de citron en poudre (sirop de maïs , jus de citron , huile de citron , le dioxyde de silicium ) , la vanille (eau, alcool , gousses de vanille , glycérine végétale ) , sel , gomme de xanthane

## Nutrition Facts Valeur nutritive

1 muffin (95 g) /

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories	340
Fat / Lipides	19 g 29 %
Saturated / saturés	1.5 g 8 %
+ Trans / trans	0 g
Cholesterol / Cholestérol	95 mg
Sodium / Sodium	220 mg 9 %
Carbohydrates / Glucides	32 g 11 %
Fibre / Fibres	1 g 4 %
Sugars / Sucres	20 g
Protein / Protéines	3 g
Vitamin A / Vitamine A	4 %
Vitamin C / Vitamine C	6 %
Calcium / Calcium	4 %
Iron / Fer	4 %

### Receiving Specifications

**Shelf life:** 3 days

**Refrigeration:** not required

### Allergen Information

Contains: Dairy, Egg Products.

Produced on equipment that also processes: Sulphites, Wheat, Peanuts, Tree Nuts, Sesame Seeds, & soy products

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# Gluten Free Morning Glory Muffin

28/02/2019



Ingredients: Egg, Canola Oil, Carrots, Sugar, Brown Sugar, Banana Puree ( ascorbic acid), Cranberries, Raisins, Chickpea Flour (chickpeas), White Rice Flour, Coconut (Coconut, sugar, water propylene glycol, salt, sodium metabisulfite) (sulphites), Potato Flour (potatoes, mono and diglycerides, citric acid), Sunflower Seeds, Pumpkin Seeds, Baking Powder, Cornmeal, Cinnamon, Xanthan Gum, Salt

Ingrédients: oeufs , huile de canola , carottes , sucre , sucre brun , la banane , les canneberges, raisins secs , farine de pois chiche ( pois chiches ) , blanc farine de riz , de noix de coco ( noix de coco , le sucre , le propylène de l'eau -glycol , le sel , le métabisulfite de sodium ) ( sulfites ) , la pomme de terre Starch ( pommes de terre, mono et diglycérides, acide citrique ) , Graines de tournesol , graines de citrouille , poudre à pâte , semoule de maïs , la cannelle, la gomme de xanthane , sel

#### Allergen Information

Contains: Sulphites, & Egg Products.

Produced on equipment that also processes: Wheat, Peanuts, Tree Nuts, Sesame Seeds, & soy products

## Nutrition Facts Valeur nutritive

1 Muffin (95 g) /

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories	320
Fat / Lipides	19 g 29 %
Saturated / saturés	2 g 11 %
+ Trans / trans	0 g
Cholesterol / Cholestérol	80 mg
Sodium / Sodium	290 mg 12 %
Carbohydrates / Glucides	31 g 10 %
Fibre / Fibres	2 g 8 %
Sugars / Sucres	21 g
Protein / Protéines	5 g
Vitamin A / Vitamine A	15 %
Vitamin C / Vitamine C	2 %
Calcium / Calcium	4 %
Iron / Fer	8 %

#### Receiving Specifications

**Shelf life:** 3 days

**Refrigeration:** Not required

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# Gluten Free Vegan Muffin 28/02/2019



Ingredients: Banana Puree (Banana, Ascorbic acid), Brown Sugar, Carrots, Canola Oil, Chickpea Flour (chickpeas), Pumpkin Seeds, Water, Raisins (vegetable oil), White Rice Flour, Tapioca, Almond Milk (water, almonds, calcium carbonate, sea salt, potassium citrate, sunflower lecithin, gellan gum, natural flavour) (tree nuts), Apples, Cornstarch, Flax Seeds, Vanilla (water, alcohol, vanilla beans, Vegetable glycerine), Salt, Baking Soda, Baking Powder, Cinnamon, Nutmeg, Cloves, Ginger

Ingrédients: Purée de banane (Banane, acide ascorbique), Sucre brun, Carottes, Huile de canola, Farine de pois chiche (pois chiches), Graines de citrouille, Eau, Raisins (Huile végétale), Farine de riz blanc, Tapioca, Almond Milk (eau, amandes, carbonate de calcium, sel de mer, citrate de potassium, lécithine de tournesol, gomme de gélatine, arôme), pommes, maïs, graines de lin, vanille (eau, alcool, fèves de vanille, glycérine végétale), sel, bicarbonate de soude, poudre à tartiner, Cannelle, noix de muscade, clous de girofle, gingembre

## Nutrition Facts Valeur nutritive

1 Muffin (95 g) /

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories	260
Fat / Lipides	10 g 16 %
Saturated / saturés + Trans / trans	0.5 g 3 %
Cholesterol / Cholestérol	0 mg
Sodium / Sodium	240 mg 10 %
Carbohydrates / Glucides	38 g 13 %
Fibre / Fibres	2 g 9 %
Sugars / Sucres	22 g
Protein / Protéines	3 g
Vitamin A / Vitamine A	15 %
Vitamin C / Vitamine C	4 %
Calcium / Calcium	6 %
Iron / Fer	10 %

### Receiving Specifications

**Shelf life:** 3 days  
**Refrigeration:** Not required

Allergen Information  
Contains: Almonds.

Processed in a facility that uses: Wheat, Egg, Peanuts, Sulphites, Tree Nuts, Sesame Seeds, & soy products

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# Island Berry Muffin 28/02/2019



## Nutrition Facts Valeur nutritive

1 muffin (160 g) / 1 pain (160 g)

Amount Teneur	% Daily Value % valeur quotidienne
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Calories / Calories	450
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Fat / Lipides	20 g	31 %
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Saturated / saturés + Trans / trans	0.5 g 0 g	4 %
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Cholesterol / Cholestérol	50 mg
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Sodium / Sodium	330 mg	14 %
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Carbohydrates / Glucides	60 g	20 %
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Fibre / Fibres	2 g	9 %
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Sugars / Sucres	23 g
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Protein / Protéines	8 g
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Vitamin A / Vitamine A	2 %
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Vitamin C / Vitamine C	6 %
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Calcium / Calcium	20 %
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Iron / Fer	25 %
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**INGREDIENTS:** Flour (wheat), Water, Brown Sugar, Canola Oil, Egg, Raspberries, Cranberries, Blueberries, Apple Sauce (apples, water), Baking Powder, Buttermilk Powder (milk), Flax Seeds, Pumpkin Seeds, Vanilla (water, alcohol, vanilla beans, Vegetable glycerine), Instant Clear Gel, Icing Sugar (sugar, cornstarch), Salt

**INGRÉDIENTS:** Farine (farine de blé, amylase, acide ascorbique, niacine, fer, thiamine, mononitrate, riboflavine, acide folique) (blé), eau, sucre brun, Huile de Canola, Oeuf, Canneberges, baies bleues, Compote de pommes (pommes, eau), Levain en poudre, Poudre de babeurre (lait), Graines de lin, graines de citrouille, Vanille (eau, alcool, gousses de vanille, glycérine végétale), Gel clair instantané, sucre glace, Sel

### Receiving Specifications

**Shelf life:** 3 days  
**Refrigeration:** not required

### Allergen Information

Contains: Wheat, Egg, & Dairy.

Produced on equipment that also processes: Peanuts, Tree Nuts, Sesame Seeds, Soy Products & Sulphites.



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# Pumpkin Cream Cheese Muffin

28/02/2019

**INGREDIENTS: Flour (Wheat), Pumpkin, Egg, Brown Sugar, Margarine** (Canola oil, water, modified palm and palm kernel oils, salt, whey powder, vegetable monoglycerides, soya lecithin, sodium benzoate, citric acid, artificial flavour, vitamin A palmitate, vitamin D3)(soybeans), **Cream Cheese** (milk ingredients, bacterial culture, salt, carob bean gum), **Icing Sugar, Butter** (cream)(milk), **Baking Powder, Lemon Juice** (Filtered Water, Lemon Juice Concentrate, Sodium Metabisulphite, Lemon Oil), **Cinnamon, Nutmeg, Cloves, Ginger**

**INGRÉDIENTS: Farine ( blé ) , Citrouille, oeuf , sucre brun , Margarine** ( huiles huile de canola , de l'eau , de palme modifiée et de palmiste , le sel , la poudre de lactosérum , monoglycérides végétaux , lécithine de soja , le benzoate de sodium , acide citrique , arôme artificiel , palmitate de vitamine A , vitamine D3 ) (soja ) , **fromage à la crème** (substances laitières , culture bactérienne, sel , gomme de caroube ) , **sucre glace , beurre** ( crème ) ( lait ) , **la poudre à pâte , jus de citron** ( eau filtrée , jus de citron concentré , métabisulfite de sodium , huile de citron ) , **cannelle , noix de muscade , clous de girofle , gingembre**

## Nutrition Facts Valeur nutritive

1 muffin (160 g) / 1 pain (160 g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 480	
Fat / Lipides 21 g	32 %
Saturated / saturés 7 g + Trans / trans 0.2 g	34 %
Cholesterol / Cholestérol 130 mg	
Sodium / Sodium 330 mg	14 %
Carbohydrates / Glucides 65 g	22 %
Fibre / Fibres 3 g	13 %
Sugars / Sucres 36 g	
Protein / Protéines 10 g	
Vitamin A / Vitamine A	180 %
Vitamin C / Vitamine C	2 %
Calcium / Calcium	15 %
Iron / Fer	25 %

### Receiving Specifications

**Shelf life:** 2 days  
**Refrigeration:** not required

### Allergen Information

Contains: Wheat, Egg, Dairy, Sulphites & Soy Products.

Produced on equipment that also processes: Peanuts, Tree Nuts, Sesame Seeds..



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# Triple Berry Bran Muffin 28/02/2019



## Nutrition Facts Valeur nutritive

1 muffin (170 g) / 1 muffin (170 g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories	440
Fat / Lipides	18 g 27 %
Saturated / saturés + Trans / trans	1.5 g 8 % 0 g
Cholesterol / Cholestérol	45 mg
Sodium / Sodium	960 mg 40 %
Carbohydrates / Glucides	62 g 21 %
Fibre / Fibres	7 g 30 %
Sugars / Sucres	4 g
Protein / Protéines	1 g
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	8 %
Calcium / Calcium	6 %
Iron / Fer	15 %

**INGREDIENTS:** Bran Muffin Base (Enriched wheat flour, brown sugar, vegetable oil, wheat bran, dry molasses preparation (molasses, wheat starch, silicon dioxide, soya lecithin), dried yolk, salt, dried albumen, modified milk ingredients, isolated soya protein, sodium bicarbonate, sodium aluminum phosphate, cellulose gum), Water, Strawberry, Cranberries, Blueberries, Sunflower Seeds, Pumpkin Seeds, Flax Seeds, Sesame Seeds, Flour (wheat), Brown Sugar, Margarine (Canola oil, water, modified palm and palm kernel oils, salt, vegetable monoglycerides, soya lecithin, sodium benzoate, citric acid, artificial flavour, vitamin A palmitate, vitamin D3) (soybeans), Oats

**INGRÉDIENTS:** Préparation de pain de son (farine de blé enrichie, huile de sucre et végétale brune, son de blé, préparation sèche de mélasse (mélasse, amidon de blé, bioxyde de silicium, lécithine du soja), jaune sec, sel, albumen sec, ingrédients modifiés de lait, protéine d'isolement du soja, bicarbonate de soude, phosphate de sodium, gomme en aluminium de cellulose), eau, Canneberges, baies bleues, Graines de tournesol, graines de citrouille, Graines de lin, Farine (farine de blé, amylase, acide ascorbique, niacine, fer, thiamine, mononitrate, riboflavine, acide folique) (blé), sucre brun, Margarine (Huiles de colza huile, d'eau, de palme modifiée et de palmiste, le sel, les monoglycérides végétales, la lécithine de soja, le benzoate de sodium, acide citrique, arôme artificiel, palmitate de vitamine A, la vitamine D3) (soja), avoine

### Receiving Specifications

**Shelf life:** 3 days  
**Refrigeration:** not required



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#### Allergen Information

Contains: Wheat, Egg, Dairy, & Soy Products.

Produced on equipment that also processes: Peanuts, Sulphites, Tree Nuts, Sesame Seeds.