

muffin

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Piece	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-49791
School:	Highland High School		

Ingredients

Description	Measurement	DistPart #
MUFFIN CRNBRD WGRAIN IW	1 Piece	497499

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Piece

Amount Per Serving	
Calories	240.00
Fat	8.00g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	150.00mg
Carbohydrates	0.00g**
Fiber	0.00g**
Sugar	0.00g**
Protein	0.00g**
Vitamin A 0.00IU**	Vitamin C 0.00mg**
Calcium 0.00mg**	Iron 0.00mg**

*All reporting of TransFat is for information only, and is not used for evaluation purposes

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available