

# WG Apple Cinnamon Muffin w String Cheese

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-45308
<b>School:</b>	Walton-Verona Early Childhood Center		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN APPL CINN WGRAIN IW	1 Each		558011
Mozzarella String Cheese Portions	1 Ounce		122212

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	264.00
<b>Fat</b>	12.00g
<b>SaturatedFat</b>	5.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	53.14mg
<b>Sodium</b>	323.00mg
<b>Carbohydrates</b>	33.40g
<b>Fiber</b>	2.00g
<b>Sugar</b>	16.87g
<b>Protein</b>	9.31g
<b>Vitamin A</b> 0.00IU**	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 228.00mg	<b>Iron</b> 0.96mg

\*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