

Muffin-Variety with Toast

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-44593

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN CHOC/CHOC CHP WGRAIN IW	1 Each		557991
Toast	1 Serving	375F bake for 4 minutes	R-46304

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 Serving

Amount Per Serving	
Calories	320.00
Fat	14.00g
SaturatedFat	3.25g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	245.00mg
Carbohydrates	45.00g
Fiber	3.00g
Sugar	18.00g
Protein	6.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 42.50mg	Iron 7.50mg

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

Nutrition - Per 100g

No 100g Conversion Available