

Muffin-Variety with Toast

NO IMAGE

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
