

Muffin Assorted WG with Toast Option

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-49955
School:	Walton-Verona High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN CHOC/CHOC CHP WGRAIN IW	1 Each		557991
MUFFIN BLUEB WGRAIN IW	2 Each		557970
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: 2.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	415.00
Fat	17.00g
SaturatedFat	4.25g
Trans Fat	0.00g
Cholesterol	47.50mg
Sodium	310.00mg
Carbohydrates	58.50g
Fiber	4.00g
Sugar	25.50g
Protein	7.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 52.50mg	Iron 7.65mg

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

Nutrition - Per 100g

No 100g Conversion Available