

Assorted Muffin

Servings:	3.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-50448

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BANANA WGRAIN IW	1 Each	N/A	262362
MUFFIN BLUEBERRY IW	2 Each		273442
MUFFIN CHOCOLATE CHP WGRAIN IW	2 Each		273681

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	286.67
Fat	9.00g
SaturatedFat	1.50g
Trans Fat	0.03g
Cholesterol	30.00mg
Sodium	176.67mg
Carbohydrates	47.00g
Fiber	1.67g
Sugar	24.00g
Protein	4.67g

Vitamin A 0.00IU **Vitamin C** 0.00mg

Calcium 30.75mg **Iron** 1.60mg

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

Nutrition - Per 100g

No 100g Conversion Available