

# Assorted Muffin

<b>Servings:</b>	4.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-31227
<b>School:</b>	John Simatovich Elementary		

## Ingredients

Description	Measurement	DistPart #
MUFFIN DBL CHOC WGRAIN IW	1 Each	262343
MUFFIN BANANA WGRAIN IW	1 Each	262362
MUFFIN BLUEBERRY WGRAIN IW	1 Each	262370
MUFFIN CHOCOLATE CHP WGRAIN IW	1 Each	273681

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<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: 4.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	185.00		
<b>Fat</b>	6.50g		
<b>SaturatedFat</b>	1.25g		
<b>Trans Fat</b>	0.05g		
<b>Cholesterol</b>	12.50mg		
<b>Sodium</b>	111.25mg		
<b>Carbohydrates</b>	29.25g		
<b>Fiber</b>	1.25g		
<b>Sugar</b>	15.00g		
<b>Protein</b>	2.50g		
<b>Vitamin A</b>	3.60IU	<b>Vitamin C</b>	0.01mg
<b>Calcium</b>	9.01mg	<b>Iron</b>	0.97mg

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

## **Nutrition - Per 100g**

---

No 100g Conversion Available

---