

Fresh Baked Blueberry Muffin

Servings:	1.00	Category:	Entree
Serving Size:	1.00 muffin	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-44966
School:	Beiriger and Wadsworth Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MIX MUFF BLUEB IMIT	5 Pound	**Non-Whole Grain**	280859

Preparation Instructions

THIS RECIPE IS A PLACEHOLDER AND NEEDS TO BE FINALIZED JSH 1.3.24

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.000
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 muffin

Amount Per Serving	
Calories	19510.06
Fat	487.75g
SaturatedFat	195.10g
Trans Fat	0.00g
Cholesterol	1463.25mg
Sodium	35118.11mg
Carbohydrates	3316.71g
Fiber	0.00g
Sugar	1755.91g
Protein	195.10g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 1951.01mg	Iron 87.80mg

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

Nutrition - Per 100g

No 100g Conversion Available