

Fresh Baked Blueberry Muffin

Servings:	45.00	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		280859

Preparation Instructions

Prepare according to directions on package.

Note: Muffin prepared weighs 2.3 ounce.

Updated 1.14.25

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: 45.00

Serving Size: 1.00 muffin

Amount Per Serving			
Calories	216.65		
Fat	5.42g		
SaturatedFat	2.17g		
Trans Fat	0.00g		
Cholesterol	16.25mg		
Sodium	389.96mg		
Carbohydrates	36.83g		
Fiber	0.00g		
Sugar	19.50g		
Protein	2.17g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	21.66mg	Iron	0.97mg

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

Nutrition - Per 100g

No 100g Conversion Available
