

# Blueberry Muffin and LF Mozzarella String Cheese

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<b>Servings:</b>	100.00	<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-41642
<b>School:</b>	Tami Elementary School K-4		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BLUEB WGRAIN IW	100 Each		557970
CHEESE STRING MOZZ LT IW 168-1Z COMM	100 Each		862680

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<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: 100.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	250.00
<b>Fat</b>	9.00g
<b>SaturatedFat</b>	4.00g
<b>Trans Fat*</b>	0.00g
<b>Cholesterol</b>	40.00mg
<b>Sodium</b>	330.00mg
<b>Carbohydrates</b>	31.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	17.00g
<b>Protein</b>	10.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 228.00mg	<b>Iron</b> 0.90mg

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

## **Nutrition - Per 100g**

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No 100g Conversion Available

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