

Chocolate Muffin w/Vanilla Yogurt



| | | | |
|----------------------|---------------------------|-----------------------|---------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-11450 |
| School: | Central Elementary School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------|-------------|-------------------|------------|
| MUFFIN DBL CHOC WGRAIN IW | 1 Each | Thaw and Serve | 262343 |
| YOGURT DANIMAL VAN N/F | 1 Each | Ready to Eat | 200612 |

Preparation Instructions

Chocolate Chip Muffin- Thaw and Serve

CCP: Store at 50°F - 70°F.

Vanilla Yogurt-Ready to Eat

CCP: Hold for cold service at 41° F or lower.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 1.000 |
| 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 Serving

| Amount Per Serving | | | |
|----------------------|----------|------------------|--------|
| Calories | | 250.00 | |
| Fat | | 6.00g | |
| SaturatedFat | | 1.50g | |
| Trans Fat* | | 0.00g | |
| Cholesterol | | 10.00mg | |
| Sodium | | 160.00mg | |
| Carbohydrates | | 41.00g | |
| Fiber | | 2.00g | |
| Sugar | | 24.00g | |
| Protein | | 7.00g | |
| Vitamin A | 14.41IU | Vitamin C | 0.05mg |
| Calcium | 112.76mg | Iron | 1.33mg |

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

Nutrition - Per 100g

No 100g Conversion Available