

Cinnamon Toast Crunch Muffin



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-50786
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN CINN TST CRUNCH FZ	1 Serving		516700

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
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 Each

Amount Per Serving			
Calories	300.00		
Fat	11.00g		
SaturatedFat	3.00g		
Trans Fat*	0.00g		
Cholesterol	10.00mg		
Sodium	260.00mg		
Carbohydrates	50.00g		
Fiber	7.00g		
Sugar	21.00g		
Protein	4.00g		
Vitamin A	0.00IU**	Vitamin C	0.00mg**
Calcium	0.00mg**	Iron	0.00mg**

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

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available