

# Chocolate Muffin w/Vanilla Yogurt



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-11450
<b>School:</b>	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

<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: 1.00

Serving Size: 1.00 Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available