

Assorted Variety of Muffin

Servings:	4.00	Category:	Grain
Serving Size:	1.00 muffin	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-51911
School:	Highland High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN CINN STRUSL WGRAIN IW	1 Each	N/A	279991
MUFFIN BLUEBERRY WGRAIN IW	1 Each	N/A	262370
MUFFIN BAN WGRAIN IW	1 Each		557981
MUFFIN DBL CHOC WGRAIN IW	1 Each	N/A	262343

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 muffin

Amount Per Serving			
Calories		190.00	
Fat		7.25g	
Saturated Fat		1.88g	
Trans Fat		0.03g	
Cholesterol		22.50mg	
Sodium		147.50mg	
Carbohydrates		28.50g	
Fiber		1.25g	
Sugar		14.50g	
Added Sugar		0.00g	
Protein		2.75g	
Vitamin A	3.60mcg	Vitamin C	0.01mg
Calcium	12.94mg	Iron	0.94mg

Nutrition - Per 100g

No 100g Conversion Available
