

Assorted Variety of Muffin

Servings:	2.00	Category:	Grain
Serving Size:	1.00 muffin	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43640
School:	Knox Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BLUEBERRY IW	1 Each		273442
MUFFIN DBL CHOC WGRAIN IW	1 Each	N/A	262343

Preparation Instructions

Updated 10.9.24

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: 2.00

Serving Size: 1.00 muffin

Amount Per Serving			
Calories		170.00	
Fat		5.25g	
Saturated Fat		1.00g	
Trans Fat		0.00g	
Cholesterol		15.00mg	
Sodium		110.00mg	
Carbohydrates		26.50g	
Fiber		1.50g	
Sugar		13.50g	
Added Sugar		0.00g	
Protein		3.00g	
Vitamin A	7.21mcg	Vitamin C	0.03mg
Calcium	19.88mg	Iron	1.17mg

Nutrition - Per 100g

No 100g Conversion Available			
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