

# Assorted Variety of Muffin

|               |                      |                |         |
|---------------|----------------------|----------------|---------|
| Servings:     | 4.00                 | Category:      | Entree  |
| 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

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No 100g Conversion Available

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