

Trix Muffin

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-50789
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN TRIX FZ	1 Each		516703

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	290.00		
Fat	10.00g		
Saturated Fat	2.00g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	260.00mg		
Carbohydrates	50.00g		
Fiber	7.00g		
Total Sugar	20.00g		
Added Sugar	19.00g		
Protein	4.00g		
Vitamin A	0.00mcg**	Vitamin C	0.00mg**
Calcium	0.00mg	Iron	1.50mg

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

Nutrition - Per 100g

No 100g Conversion Available