

# Chocolate Muffin w/Vanilla Yogurt

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<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

Amount Per Serving

<b>Meat/Meat Alternate</b>	1.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	250.00
<b>Fat</b>	6.00g
<b>Saturated Fat</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>Total Sugar</b>	24.00g
<b>Added Sugar</b>	19.00g
<b>Protein</b>	7.00g
<b>Vitamin A</b> 14.41mcg	<b>Vitamin C</b> 0.05mg
<b>Calcium</b> 112.76mg	<b>Iron</b> 1.33mg

## **Nutrition - Per 100g**

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No 100g Conversion Available

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