

Chocolate Muffin w/Vanilla Yogurt



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-11450
School:	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

Meat/Meat Alternate	1.000
Grain	1.000
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	250.00
Fat	6.00g
Saturated Fat	1.50g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	160.00mg
Carbohydrates	41.00g
Fiber	2.00g
Total Sugar	24.00g
Added Sugar	19.00g
Protein	7.00g
Vitamin A 14.41mcg	Vitamin C 0.05mg
Calcium 112.76mg	Iron 1.33mg

Nutrition - Per 100g

No 100g Conversion Available