

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

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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

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Amount Per Serving	
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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
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Vitamin A 14.41mcg	Vitamin C 0.05mg
Calcium 112.76mg	Iron 1.33mg

Nutrition - Per 100g

No 100g Conversion Available
