

Muffin -Chocolate or Blueberry



Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-44253

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN CHOC/CHOC CHP WGRAIN IW	1 Each	Thaw and Serve	557991
MUFFIN BLUEB WGRAIN IW	1 Each	Thaw and Serve	557970

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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: 2.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	190.00
Fat	6.00g
Saturated Fat	2.00g
Trans Fat	0.00g
Cholesterol	32.50mg
Sodium	130.00mg
Carbohydrates	31.50g
Fiber	2.00g
Total Sugar	16.50g
Added Sugar	8.50g
Protein	3.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 35.00mg	Iron 1.20mg

Nutrition - Per 100g

No 100g Conversion Available
