

WG Apple Cinnamon Muffin w String Cheese

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-45308
School:	Walton-Verona Early Childhood Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN APPL CINN WGRAIN IW	1 Each		558011
Mozzarella String Cheese Portions	1 Ounce		122212

Preparation Instructions

No Preparation Instructions available.

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 Serving

Amount Per Serving	
Calories	264.00
Fat	12.00g
Saturated Fat	5.75g
Trans Fat	0.00g
Cholesterol	53.14mg
Sodium	323.00mg
Carbohydrates	33.40g
Fiber	2.00g
Total Sugar	16.87g
Added Sugar	15.00g
Protein	9.31g
Vitamin A 0.00mcg**	Vitamin C 0.00mg
Calcium 228.00mg	Iron 0.96mg

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

Nutrition - Per 100g

No 100g Conversion Available