

# Yogurt & Whole Grain Muffin (ELM)

NO IMAGE

<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-22550
<b>School:</b>			

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAR PK N/F	1 Each		765020
Fresh baked whole grain muffins	1 Serving	Prepare muffins according to manufactures directions. Add 1/4 of any fruit variety to each muffin tin before baking. Scoop # 16 (Blue) jsh 12.10.24	R-49244

## Preparation Instructions

Serve 1 homemade muffin with a yogurt for each student

## 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>	271.64
<b>Fat</b>	5.86g
<b>Saturated Fat</b>	2.93g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	7.93mg
<b>Sodium</b>	388.18mg
<b>Carbohydrates</b>	50.17g
<b>Fiber</b>	2.74g
<b>Total Sugar</b>	25.28g
<b>Added Sugar</b>	19.41g
<b>Protein</b>	6.48g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 137.58mg	<b>Iron</b> 0.70mg

## Nutrition - Per 100g

<b>Calories</b>	538.97
<b>Fat</b>	11.63g
<b>Saturated Fat</b>	5.81g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	15.73mg
<b>Sodium</b>	770.21mg
<b>Carbohydrates</b>	99.55g
<b>Fiber</b>	5.44g
<b>Total Sugar</b>	50.15g
<b>Added Sugar</b>	38.51g
<b>Protein</b>	12.85g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 272.98mg	<b>Iron</b> 1.40mg