

Homemade Muffins



Servings:	45.00	Category:	Grain
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-49244

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MIX MUFF WGRAIN	5 Pound	N/A	152191
BLUEBERRY FREE-FLOW IQF 30 GCHC	1 1/2 Quart	Use USDA Brown Box Frozen Fruit when Available	119873
Water	1 1/2 Quart	N/A	Water

Preparation Instructions

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	1.250
Fruit	0.125
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 45.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	221.64
Fat	5.86g
Saturated Fat	2.93g
Trans Fat	0.00g
Cholesterol	2.93mg
Sodium	328.18mg
Carbohydrates	40.17g
Fiber	2.74g
Total Sugar	18.28g
Added Sugar	16.41g
Protein	2.48g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 17.58mg	Iron 0.70mg

Nutrition - Per 100g

Calories	439.77
Fat	11.63g
Saturated Fat	5.81g
Trans Fat	0.00g
Cholesterol	5.81mg
Sodium	651.16mg
Carbohydrates	79.71g
Fiber	5.44g
Total Sugar	36.26g
Added Sugar	32.56g
Protein	4.92g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 34.88mg	Iron 1.40mg