

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 |