

# Whole Grain Muffin-Variety

NO IMAGE

|                      |              |                       |         |
|----------------------|--------------|-----------------------|---------|
| <b>Servings:</b>     | 3.00         | <b>Category:</b>      | Entree  |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Breakfast    | <b>Recipe ID:</b>     | R-44297 |

## Ingredients

| Description                    | Measurement | Prep Instructions | DistPart # |
|--------------------------------|-------------|-------------------|------------|
| MUFFIN BLUEB WGRAIN IW         | 1 Each      |                   | 557970     |
| MUFFIN BAN WGRAIN IW           | 1 Each      |                   | 557981     |
| MUFFIN CHOC/CHOC CHP WGRAIN IW | 1 Each      |                   | 557991     |

## Preparation Instructions

No Preparation Instructions available.

## Meal Components

Amount Per Serving

| <hr/>                           |       |
|---------------------------------|-------|
| <b>Meat/Meat Alternate</b>      | 0.000 |
| <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: 3.00

Serving Size: 1.00 Serving

| <hr/>                          |                           |
|--------------------------------|---------------------------|
| <b>Amount Per Serving</b>      |                           |
| <hr/>                          |                           |
| <b>Calories</b>                | 126.67**                  |
| <b>Fat</b>                     | 4.00g**                   |
| <b>Saturated Fat</b>           | 1.33g**                   |
| <b>Trans Fat</b>               | 0.00g**                   |
| <b>Cholesterol</b>             | 25.00mg**                 |
| <b>Sodium</b>                  | 86.67mg**                 |
| <b>Carbohydrates</b>           | 21.00g**                  |
| <b>Fiber</b>                   | 1.33g**                   |
| <b>Total Sugar</b>             | 11.33g**                  |
| <b>Added Sugar</b>             | 10.67g**                  |
| <b>Protein</b>                 | 2.00g**                   |
| <hr/>                          |                           |
| <b>Vitamin A</b> 0.00mcg RAE** | <b>Vitamin C</b> 0.00mg** |
| <b>Calcium</b> 20.00mg**       | <b>Iron</b> 0.74mg**      |

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

## Nutrition - Per 100g

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**No 100g Conversion Available**

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