

Whole Grain Muffin-Variety

NO IMAGE

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	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

Meat/Meat Alternate	0.000
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: 3.00

Serving Size: 1.00 Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available