

# Muffin -Chocolate or Blueberry



<b>Servings:</b>	2.00	<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-44253

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN CHOC/CHOC CHP WGRAIN IW	1 Each	Thaw and Serve	557991
MUFFIN BLUEB WGRAIN IW	1 Each	Thaw and Serve	557970

## Preparation Instructions

No Preparation Instructions available.

## Meal Components

Amount Per Serving

<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: 2.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	95.00**
<b>Fat</b>	3.00g**
<b>Saturated Fat</b>	1.00g**
<b>Trans Fat</b>	0.00g**
<b>Cholesterol</b>	17.50mg**
<b>Sodium</b>	65.00mg**
<b>Carbohydrates</b>	16.50g**
<b>Fiber</b>	1.00g**
<b>Total Sugar</b>	8.50g**
<b>Added Sugar</b>	8.50g**
<b>Protein</b>	1.50g**
<b>Vitamin A</b> 0.00mcg RAE**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 20.00mg**	<b>Iron</b> 0.75mg**

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

## Nutrition - Per 100g

No 100g Conversion Available