

Muffin-Variety with Toast



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-44593

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN CHOC/CHOC CHP WGRAIN IW	1 Each		557991
Toast	1 Serving	375F bake for 4 minutes	R-46304

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	2.000
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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	320.00
Fat	14.00g
Saturated Fat	3.25g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	255.00mg
Carbohydrates	46.00g
Fiber	3.00g
Total Sugar	18.00g
Added Sugar	18.00g
Protein	6.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 74.50mg	Iron 2.50mg

Nutrition - Per 100g

No 100g Conversion Available
