

Muffin -Chocolate or Blueberry



Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	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

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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: 2.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available
