

# Variety of Muffin

<b>Servings:</b>	7.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 muffin	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-58684
<b>School:</b>	Concord Jr. High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BLUEB WGRAIN IW	1 Each		557970
MUFFIN BLUEBERRY WGRAIN IW	1 Each	N/A	262370
MUFFIN CHOC/CHOC CHP WGRAIN IW	1 Each		557991
MUFFIN BAN WGRAIN IW	1 Each		557981
MUFFIN DBL CHOC WGRAIN IW	1 Each	N/A	262343
MUFFIN APPL CINN WGRAIN IW	1 Each		558011
MUFFIN BANANA WGRAIN IW	1 Each	N/A	262362

## Preparation Instructions

Thaw. Store frozen until ready to use. Thaw overnight under refrigeration.

## 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: 7.00

Serving Size: 1.00 muffin

Amount Per Serving	
<b>Calories</b>	188.57
<b>Fat</b>	6.43g
<b>Saturated Fat</b>	1.71g
<b>Trans Fat</b>	0.03g
<b>Cholesterol</b>	24.29mg
<b>Sodium</b>	123.57mg
<b>Carbohydrates</b>	30.43g
<b>Fiber</b>	1.71g
<b>Total Sugar</b>	15.86g
<b>Added Sugar</b>	15.00g
<b>Protein</b>	2.71g
<b>Vitamin A</b> 2.06mcg RAE	<b>Vitamin C</b> 0.01mg
<b>Calcium</b> 20.15mg	<b>Iron</b> 0.98mg

## Nutrition - Per 100g

No 100g Conversion Available