

# Fresh Baked Blueberry Muffin

<b>Servings:</b>	45.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 muffin	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-44966
<b>School:</b>	Beiriger and Wadsworth Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MIX MUFF BLUEB IMIT	5 Pound		280859

## Preparation Instructions

Prepare according to directions on package.

Note: Muffin prepared weighs 2.3 ounce.

Updated 1.14.25

### 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: 45.00

Serving Size: 1.00 muffin

Amount Per Serving	
<b>Calories</b>	216.65
<b>Fat</b>	5.42g
<b>Saturated Fat</b>	2.17g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	16.25mg
<b>Sodium</b>	389.96mg
<b>Carbohydrates</b>	36.83g
<b>Fiber</b>	0.00g
<b>Total Sugar</b>	19.50g
<b>Added Sugar</b>	18.41g
<b>Protein</b>	2.17g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 21.66mg	<b>Iron</b> 0.97mg

## Nutrition - Per 100g

<b>Calories</b>	429.85
<b>Fat</b>	10.75g
<b>Saturated Fat</b>	4.30g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	32.24mg
<b>Sodium</b>	773.74mg
<b>Carbohydrates</b>	73.08g
<b>Fiber</b>	0.00g
<b>Total Sugar</b>	38.69g
<b>Added Sugar</b>	36.54g
<b>Protein</b>	4.30g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 42.99mg	<b>Iron</b> 1.93mg