

# Blueberry or Chocolate Muffin

<b>Servings:</b>	2.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 muffin	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-31501
<b>School:</b>	Knox High School	<b>Grams Per Serving:</b>	

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN DBL CHOC WGRAIN IW	1 Each	READY_TO_EAT Thaw and serve.	262343
MUFFIN BLUEBERRY WGRAIN IW	1 Each	MICROWAVE THAWING DIRECTIONS: Thaw whole shipper overnight. OR: Remove muffins from shipper. Thaw wrapped muffins in single layer at room temperature about 4 hours. MICROWAVE HEATING (1000 WATT HIGH POWER): Remove muffins from packaging. Place muffins on microwave-safe plate. Microwave heat: 20 seconds if frozen; 10 seconds if refrigerated; 5 seconds if thawed. THAW Store frozen until ready to use. Thaw overnight under refrigerations	262370

## 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 muffin

Amount Per Serving	
<b>Calories</b>	185.00
<b>Fat</b>	6.50g
<b>Saturated Fat</b>	1.25g
<b>Trans Fat</b>	0.05g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	120.00mg
<b>Carbohydrates</b>	28.50g
<b>Fiber</b>	1.50g
<b>Total Sugar</b>	14.50g
<b>Added Sugar</b>	14.00g
<b>Protein</b>	2.50g
<b>Vitamin A</b> 7.21mcg RAE	<b>Vitamin C</b> 0.03mg
<b>Calcium</b> 6.38mg	<b>Iron</b> 1.03mg

## Nutrition - Per 100g

No 100g Conversion Available