



# GOLD MEDAL

## 058109 - Mix Muffin Variety Wg S/O

Gold Medal(TM) whole grain variety muffin mix in an easy, "just add water" format. Made with 100% whole wheat and formulated to produce hearty, whole grain muffins with great taste and texture and the benefits of whole grain. Available in cost-effective, 5 lb bulk format for smaller operations. For crediting in USDA Child Nutrition Programs: 1 ounce equivalent grain, whole grain-rich criteria, and CACFP eligible.



# Nutrition Facts

Servings per Container **156**  
Serving size **1/2cupmix(86g)makes2muffins (85.6g)**

Amount per serving  
**Calories 360**

	% Daily Value*
<b>Total Fat</b> 10g	<b>12%</b>
Saturated Fat 5g	<b>25%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 560mg	<b>24%</b>
<b>Total Carbohydrate</b> 64g	<b>23%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 28g	
Includes 28g Added Sugar	<b>56%</b>
<b>Protein</b> 4g	
Vitamin D 0mcg	<b>0%</b>
Calcium 30mg	<b>2%</b>
Iron 1.2mg	<b>7%</b>
Potassium 140mg	<b>3%</b>

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### \* Benefits

### Ingredients

INGREDIENTS: WHOLE WHEAT FLOUR BLEACHED, SUGAR, PALM OIL, MODIFIED CORN STARCH. CONTAINS 2% OR LESS OF: LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), DEXTROSE, SALT, NONFAT MILK, EGGS WITH SODIUM SILICOALUMINATE, MONO AND DIGLYCERIDES, XANTHAN GUM, SOY FLOUR.

### Allergens

**Contains:**  
eggs milk soy wheat

### Handling Suggestions

Keep in a dry cool place. Muffin Mix is not ready-to-eat and must be thoroughly cooked before eating. To prevent illness from naturally occurring bacteria in wheat flour, do not eat raw batter; wash hands and surfaces after handling

### Serving Suggestions

1/2 Cup Mix (86g) Makes 2 Muffins

### Prep & Cooking Suggestions

Standard Prep: Just add water. One stage mix with 40 seconds of mixing time. Scoop batter into paper lined or greased muffin pans. Bake time 18-20 minutes in 350 degrees F convection oven. See package for complete mixing and baking instructions.

### Product Specifications

Brand	Manufacturer
GOLD MEDAL	GENERAL MILLS, INC.

MFG #	SPC #	GTIN	Pack	Pack Desc.
31529000	058109	10016000315294	6	6/5#

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
32.7lb	30lb	USA	Yes	No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.68in	11.75in	10in	1.07ft3	10x5	279DAYS	40°F / 111°F



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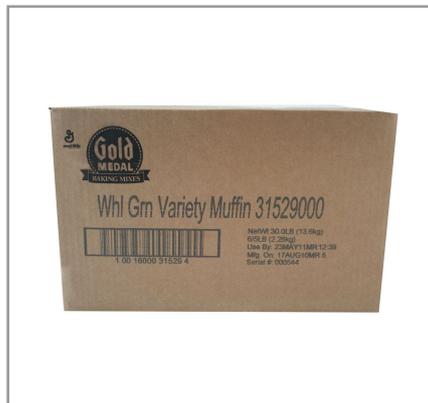
Gold Medal(TM) whole grain variety muffin mix in an easy, "just add water" format. Made with 100% whole wheat and formulated to produce hearty, whole grain muffins with great taste and texture and the benefits of whole grain. Available in cost-effective, 5 lb bulk format for smaller operations. For crediting in USDA Child Nutrition Programs: 1 ounce equivalent grain, whole grain-rich criteria, and CACFP eligible.



### Nutrition Analysis - By Serving

Calories	360	Total Fat	10g	Sodium	560mg
Protein	4	Trans Fats	0g	Calcium	30mg
Total Carbohydrates...	64g	Saturated Fat	5g	Iron	1.2mg
Sugars	28g	Added Sugars	28g	Potassium	140mg
Dietary Fiber	4g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	5mg		
Vitamin A(IU)		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate	0mg	Riboflavin	0mg
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

### Additional Images



Nutrition Facts	
About 26 servings per container	
Serving size 1/2 cup mix (86g) makes 2 muffins	
Amount per serving	
<b>Calories</b>	<b>360</b>
	% Daily Value*
<b>Total Fat</b> 10g	<b>12%</b>
Saturated Fat 5g	<b>24%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 560mg	<b>24%</b>
<b>Total Carbohydrate</b> 64g	<b>23%</b>
Dietary Fiber 4g	<b>13%</b>
<b>Total Sugars</b> 28g	
Includes 28g Added Sugars	<b>55%</b>
<b>Protein</b> 4g	
Calcium 30mg	2%
Iron 1.2mg	6%
Potassium 140mg	2%
Not a significant source of vitamin D.	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	