



# GOLD MEDAL

## 059421 - Mix Cake Chocolate Food S/O

Gold Medal (TM) dark chocolate cake mix in an easy, "just add water" format produces consistent, scratch-like taste and superior results every time. Great for sheet cake, thimble cake and cake pops. Rely on Gold Medal(TM) cake mixes for superior quality to make your desserts extra special-and keep your patrons coming back for more. Available in a cost-effective, 5 lb bulk format for smaller operations.



# Nutrition Facts

Servings per Container 252  
Serving size 1/3cupmix(54g)

Amount per serving  
**Calories 230**

	% Daily Value*
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 450mg	<b>20%</b>
<b>Total Carbohydrate</b> 39g	<b>14%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 23g	
Includes 23g Added Sugar	<b>46%</b>
<b>Protein</b> 4g	
Vitamin D 0mcg	<b>0%</b>
Calcium 40mg	<b>3%</b>
Iron 2.9mg	<b>16%</b>
Potassium 110mg	<b>2%</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

SUGAR, ENRICHED FLOUR BLEACHED (WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), PALM OIL, COCOA, DEXTROSE, COCOA PROCESSED WITH ALKALI. CONTAINS 2% OR LESS OF: EGG WHITE, LEAVENING (BAKING SODA, MONOCALCIUM PHOSPHATE), EGGS, MODIFIED CORN STARCH, PROPYLENE GLYCOL MONO AND DIESTERS, SALT, CARAMEL COLOR, MONO AND DIGLYCERIDES, CELLULOSE GUM, SOY LECITHIN, WHEY, NATURAL FLAVOR.

### Allergens

#### Contains:

eggs milk soy wheat

### Handling Suggestions

Keep in a dry cool place. Cake 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

1/3 cup mix (54g)

### Prep & Cooking Suggestions

Standard Prep: Just add water. Two stage mix with four minutes of mixing time. Bake time 27-32 minutes for full sheet pan in 300°F convection oven. See package for complete mixing and baking instructions.

### Product Specifications

Brand	Manufacturer	Product Category
GOLD MEDAL	GENERAL MILLS, INC.	Beans, Canned, Ref, Frozen

MFG #	SPC #	GTIN	Pack	Pack Desc.
1600011116	059421	10016000111162	6	6/5#

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
30.4lb	30lb	USA	Yes	No

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
15.7in	11.75in	10in	1.07ft3	1x1	0DAYS	40°F / 111°F



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### Nutrition Analysis - By Serving

Calories	230	Total Fat	7g	Sodium	450mg
Protein	4	Trans Fats	0g	Calcium	40mg
Total Carbohydrates...	39g	Saturated Fat	3.5g	Iron	2.9mg
Sugars	23g	Added Sugars	23g	Potassium	110mg
Dietary Fiber	2g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	10mg		
Vitamin A(IU)		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate	40mg	Riboflavin	0.1mg
Magnesium		Vitamin B-6		Vitamin B-1 2	
Monosodium		Sulphites		Nitrates	

### Additional Images

