



GOLD MEDAL

061085 - Mix Muffin Basic Complete

Gold Medal(TM) basic muffin mix in an easy, "just add water" format. Formulated to produce tender and moist muffins with very sweet, cake-like texture with yellow crumb. Great for muffin squares. Available in cost-effective, 5 lb bulk format for smaller operations.



Nutrition Facts

Servings per Container 186
Serving size 1/2cupmix(72g) (71.99g)

Amount per serving
Calories 300

	% Daily Value*
Total Fat 7g	9%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 550mg	24%
Total Carbohydrate 55g	20%
Dietary Fiber 1g	4%
Total Sugars 27g	
Includes 27g Added Sugar	54%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 1.8mg	10%
Potassium 0mg	0%

* 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: ENRICHED FLOUR BLEACHED (WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, PALM OIL, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE). CONTAINS 2% OR LESS OF: DEXTROSE, MODIFIED WHEY, SALT, EGG YOLK WITH SODIUM SILICOALUMINATE, XANTHAN GUM, SOY LECITHIN, NONFAT MILK, WHEY, SODIUM CASEINATE, NATURAL FLAVOR, ANNATTO AND TURMERIC EXTRACT COLOR.

Allergens

Contains:



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 (72g)

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 13-15 minutes in 375 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.
11432000	061085	10016000114323	6	6/5#

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
30.9lb	30lb	USA	Yes	No

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
15.5in	9.9in	11.9in	1.06ft3	10x4	0DAYS	40°F / 111°F



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Nutrition Analysis - By Serving

Calories	300	Total Fat	7g	Sodium	550mg
Protein	3	Trans Fats	0g	Calcium	50mg
Total Carbohydrates...	55g	Saturated Fat	3.5g	Iron	1.8mg
Sugars	27g	Added Sugars	27g	Potassium	0mg
Dietary Fiber	1g	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		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images



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Trans Fat 0g	
Cholesterol 10mg	4%
Sodium 550mg	24%
Total Carbohydrate 55g	20%
Dietary Fiber < 1g	3%
Total Sugars 27g	
Includes 27g Added Sugars	53%
Protein 3g	
Calcium 50mg	4%
Iron 1.8mg	10%
Not a significant source of vitamin D and potassium.	
*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.	