



GOLD MEDAL

061093 - Mix Muffin Blueberry S/O

Gold Medal(TM) blueberry muffin mix in an easy, "just add water" format. Formulated to produce tender and moist muffins with sweet blueberries blended throughout. Includes a can of blueberries. Available in a cost-effective, 6- 4.87 lb bulk format for smaller operations.



Nutrition Facts

Servings per Container 126
Serving size 1/2cupmixmakes2muffins (89.1g)

Amount per serving
Calories 300

% Daily Value*	
Total Fat 8g	10%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 450mg	20%
Total Carbohydrate 56g	20%
Dietary Fiber 1g	4%
Total Sugars 30g	
Includes 28g Added Sugar	56%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 1.5mg	8%
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

A blueberry muffin mix in an easy, "just add water" format. Formulated to produce tender and moist muffins with sweet blueberries blended throughout. Includes a can of blueberries. Available in a cost-effective, 6- 4.87 lb bulk format for smaller operations. Golden brown baked color and bold mushroom shaped crown give muffins a desirable scratch like appearance. Muffins maintain fresh-baked appearance after 24 hours leading to more profit. Highly tolerant formulas forgive minor preparation errors and eliminate waste. Available in cost effective, 4.87 pound bulk format

Ingredients

INGREDIENTS: ENRICHED FLOUR BLEACHED (WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, PALM OIL. CONTAINS 2% OR LESS OF: MODIFIED CORN STARCH, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), MODIFIED WHEY, DEXTROSE, MONO AND DIGLYCERIDES, SALT, EGGS WITH SODIUM SILICOALUMINATE, XANTHAN GUM, NONFAT MILK, NATURAL FLAVOR, SOY FLOUR. CAN OF BLUEBERRIES INGREDIENTS: BLUEBERRIES, WATER, LIQUID SUGAR.

Allergens

Contains:

eggs milk soy wheat

Handling Suggestions

Store in a cool, dry location. 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

Standard directions will produce 29--3.4 oz (#10 scoop) muffins per box. Mix can also be used for quick breads, coffee cakes, cookies, biscotti, and more.

Prep & Cooking Suggestions

Follow instructions on the package

Product Specifications

Brand	Manufacturer
GOLD MEDAL	GENERAL MILLS, INC.

MFG #	SPC #	GTIN	Pack	Pack Desc.
11547000	061093	10016000115474	6	6/4.7#

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
28.65lb	28.2lb	USA	Yes	No

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
15.6in	11.7in	9.9in	1.05ft3	10x2	360DAYS	40°F / 111°F



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Nutrition Analysis - By Serving

Calories	300	Total Fat	8g	Sodium	450mg
Protein	3	Trans Fats	0g	Calcium	0mg
Total Carbohydrates...	56g	Saturated Fat	4g	Iron	1.5mg
Sugars	30g	Added Sugars	28g	Potassium	0mg
Dietary Fiber	1g	Polyunsaturated Fat	0g	Zinc	0
Lactose		Monounsaturated Fat	0g	Phosphorus	
Sucrose		Cholesterol	5mg		
Vitamin A(IU)•	0	Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0mg	Folate	0mg	Riboflavin	0mg
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

Additional Images

