



# 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 **1/2cupmix(89g)makes2muffins(89.1g)**

Amount per serving  
**Calories 300**

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



### Handling Suggestions

6--4.875 lb. boxes of mix per case. "Best if Used By" code date. Store in a cool, dry location.

### 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

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 17-19 minutes in 350 degrees F convection oven. See package for complete mixing and baking instructions. Standard directions will produce 29--3.4 oz (

### 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		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	5mg		
Vitamin A(IU)		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate	80mg	Riboflavin	0.1mg
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

### Additional Images

