



GOLD MEDAL

061234 - Mix Muffin Corn

Gold Medal(TM) corn muffin mix in an easy, "just add water" format. Formulated to produce tender and moist muffins, every time, with sweet corn flavor and rustic appearance. For crediting in USDA Child Nutrition Programs: .75 ounce equivalent grain. This non-whole grain product may qualify with a whole grain exemption.



Nutrition Facts

Servings per Container **150**
Serving size **2/3cupmix(90g)**

Amount per serving
Calories 370

	% Daily Value*
Total Fat 10g	13%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 780mg	34%
Total Carbohydrate 67g	24%
Dietary Fiber 1g	4%
Total Sugars 26g	
Includes 25g Added Sugar	50%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 40mg	3%
Iron 2.3mg	13%
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

ENRICHED FLOUR BLEACHED (WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, DEGERMED YELLOW CORN MEAL, SOYBEAN OIL, MODIFIED CORN STARCH, YELLOW CORN FLOUR, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE). CONTAINS 2% OR LESS OF: SALT, EGGS WITH SODIUM SILICOALUMINATE, MODIFIED WHEY, MONO AND DIGLYCERIDES, NONFAT MILK, XANTHAN GUM, SOY FLOUR. CONTAINS WHEAT, MILK, EGG AND SOY INGREDIENTS.

Allergens

Contains:



Handling Suggestions

6--5 lb. boxes of mix per case. "Best if Used By" code date. Store in a cool, dry location.

Serving Suggestions

1 muffin

Prep & Cooking Suggestions

Follow instruction on the package

Product Specifications

Brand	Manufacturer
GOLD MEDAL	GENERAL MILLS, INC.

MFG #	SPC #	GTIN	Pack	Pack Desc.
11442000	061234	10016000114422	6	6/5#

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
31.1lb	30lb	USA	Yes	No

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
15.6in	10.1in	12in	1.09ft3	10x2	0DAYS	40°F / 111°F



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Nutrition Analysis - By Serving

Calories	370	Total Fat	10g	Sodium	780mg
Protein	4	Trans Fats	0g	Calcium	40mg
Total Carbohydrates...	67g	Saturated Fat	1.5g	Iron	2.3mg
Sugars	26g	Added Sugars	25g	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



Nutrition Facts	
25 servings per container	
Serving size 2/3 cup mix (90g)	
Amount per serving	
Calories	370
% Daily Value*	
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Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 780mg	34%
Total Carbohydrate 67g	24%
Dietary Fiber 1g	4%
Total Sugars 26g	
Includes 25g Added Sugars	50%
Protein 4g	
Calcium 40mg	2%
Iron 2.3mg	15%
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.	