



GOLD MEDAL

061234 - Mix Muffin Corn Complete

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.



Nutrition Facts

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

Amount per serving  
**Calories 370**

|                               | % Daily Value* |
|-------------------------------|----------------|
| <b>Total Fat</b> 10g          | <b>13%</b>     |
| Saturated Fat 1.5g            | 8%             |
| Trans Fat 0g                  |                |
| <b>Cholesterol</b> 10mg       | <b>3%</b>      |
| <b>Sodium</b> 780mg           | <b>34%</b>     |
| <b>Total Carbohydrate</b> 67g | <b>24%</b>     |
| Dietary Fiber 1g              | 4%             |
| Total Sugars 26g              |                |
| Includes 25g Added Sugar      | 50%            |
| <b>Protein</b> 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

Corn muffin mix in an easy, just add water format from Gold Medal. Formulated to produce tender and moist muffins, every time, with sweet corn flavor and rustic appearance. Available in cost-effective, 5 lb bulk format. Highly tolerant formulas forgive minor errors and help eliminate waste. Use Corn Muffin Mix for cornbread with a very sweet, moist, cake-like texture and a dark top. Corn muffins can be shaped as mini muffins, muffin tops and corn muffin loaves.

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

Keep in a dry cool place. Cornbread 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 muffin

Prep & Cooking Suggestions

Follow instruction on the package

📄 Product Specifications

| Brand      | Manufacturer             |
|------------|--------------------------|
| GOLD MEDAL | GENERAL MILLS SALES INC. |

| MFG #    | SPC #  | GTIN           | Pack | Pack Desc.      |
|----------|--------|----------------|------|-----------------|
| 11442000 | 061234 | 10016000114422 | 6    | 6 / 1 / 5.0 LBR |

| Gross Weight | Net Weight | Country of Origin | Kosher | Child Nutrition |
|--------------|------------|-------------------|--------|-----------------|
| 34.1lb       | 30lb       | USA               | Yes    | No              |

| Shipping Information |         |        |         |       |            |                      |
|----------------------|---------|--------|---------|-------|------------|----------------------|
| Length               | Width   | Height | Volume  | TlxHI | Shelf Life | Storage Temp From/To |
| 15.68in              | 11.75in | 10in   | 1.07ft3 | 10x5  | 372DAYS    | 32°F / 95°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 | 0g   | Zinc          | 0     |
| Lactose                |     | Monounsaturated Fat | 0g   | Phosphorus    |       |
| Sucrose                |     | Cholesterol         | 10mg |               |       |
| 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-12• |       |
| Monosodium             |     | Sulphites           |      | Nitrates      |       |

Additional Images

