



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*
<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

### 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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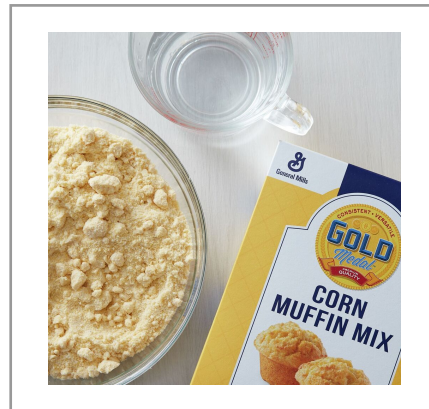
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## Nutrition Analysis - By Serving

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	
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% Daily Value*	
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Dietary Fiber 1g	4%
Total Sugars 26g	
Includes 25g Added Sugars	50%
<b>Protein</b> 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.	