



GOLD MEDAL

061317 - Mix Muffin Orange Cranberry S/O

"Add water only" means minimal skill labor is required. Muffins made from Gold Medal(TM) mixes have the same quality as fresh-baked after 24 hours. The exceptional muffin hold time equals less waste. Golden brown-baked color and bold mushroom-shaped crown give muffins a desirable scratchlike appearance.



Nutrition Facts

Servings per Container **166**
Serving size 1/2cupMix(82g)Makes2Muffins

Amount per serving
Calories 350

	% Daily Value*
Total Fat 11g	14%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 440mg	19%
Total Carbohydrate 62g	23%
Dietary Fiber 2g	7%
Total Sugars 33g	
Includes 32g Added Sugar	64%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 1.7mg	9%
Potassium 40mg	1%

* 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, PALM OIL, CRANBERRIES, MODIFIED CORN STARCH. CONTAINS 2% OR LESS OF: LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), NONFAT MILK, DRIED ORANGE PEEL, MONO AND DIGLYCERIDES, DEXTROSE, SALT, XANTHAN GUM, NATURAL FLAVOR, EGGS WITH SODIUM SILICOALUMINATE, TURMERIC EXTRACT COLOR, 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

Standard directions will produce 36--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 18-20 minutes in 350 degrees F convection oven. See package for complete mixing and baking instructions.

Product Specifications

Brand	Manufacturer
GOLD MEDAL	General Mills Inc.

MFG #	SPC #	GTIN	Pack	Pack Desc.
16000-11549	061317	10016000115498	6	6 / 5.0 LBR

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
32.7lb	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	350	Total Fat	11g	Sodium	440mg
Protein	3	Trans Fats	0g	Calcium	30mg
Total Carbohydrates...	62g	Saturated Fat	5g	Iron	1.7mg
Sugars	33g	Added Sugars	32g	Potassium	40mg
Dietary Fiber	2g	Polyunsaturated Fat	0.5g	Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)	0	Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0mg	Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images



Nutrition Facts	
About 27 servings per container	
Serving size 1/2 cup mix (82g) makes 2 muffins	
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	% Daily Value*
Total Fat 11g	14%
Saturated Fat 5g	27%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 440mg	19%
Total Carbohydrate 62g	22%
Dietary Fiber 2g	5%
Total Sugars 33g	65%
Includes 32g Added Sugars	
Protein 3g	
Calcium 30mg	2%
Iron 1.7mg	8%
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.	