



GOLD MEDAL

061424 - Mix Muffin Variety Low Fat S/O

Gold Medal(TM) low fat variety muffin mix in an easy, "just add water" format, and can be used as a base for a variety of muffin and quick bread recipes. Great for muffins and muffin tops. Available in cost-effective, 4.5 lb bulk format for smaller operations.



Nutrition Facts

Servings per Container 162
Serving size 1/2cupmix(76g)makes2muffins

Amount per serving
Calories 290

	% Daily Value*
Total Fat 3g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 600mg	26%
Total Carbohydrate 63g	23%
Dietary Fiber 1g	4%
Total Sugars 35g	
Includes 35g Added Sugar	70%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 2mg	11%
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

Golden brown baked color and bold mushroom shaped crown give muffins a desirable scratch like appearance. Muffins are popular at all times of the day and can be served sweet or savory. Gold Medal low fat variety muffin mix in an easy, just add water format, and can be used as a base for a variety of muffin and quick bread recipes. Highly tolerant formulas forgive minor preparation errors and eliminate waste. Available in a cost effective, 4.5 pound bulk format.

Ingredients

INGREDIENTS: SUGAR, ENRICHED FLOUR BLEACHED (WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, EGGS WITH SODIUM SILICOALUMINATE, DEXTROSE. CONTAINS 2% OR LESS OF: LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), SOYBEAN OIL, SALT, MONOGLYCERIDES, SODIUM STEAROYL LACTYLATE, DATEM, ETHOXYLATED MONO AND DIGLYCERIDES, XANTHAN GUM, NATURAL FLAVOR, ANNATTO AND TURMERIC EXTRACT COLOR, BHT (PRESERVATIVE), SOY FLOUR, NONFAT MILK.

Allergens

Contains:



Handling Suggestions

Keep in a dry cool place. Muffin 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

1/2 Cup Mix (76g) Makes 2 Muffins

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 15-17 minutes in 375 degrees F convection oven. See package for complete mixing and baking instructions.

Product Specifications

Brand	Manufacturer	Product Category
GOLD MEDAL	GENERAL MILLS, INC.	Grocery

MFG #	SPC #	GTIN	Pack	Pack Desc.
11560000	061424	10016000115603	6	6/4.5#

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
27.45lb	27lb	USA	Yes	No

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
15.5in	9.7in	11.8in	1.03ft3	10x5	0DAYS	40°F / 111°F



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Nutrition Analysis - By Serving

Calories	290	Total Fat	3g	Sodium	600mg
Protein	4	Trans Fats	0g	Calcium	0mg
Total Carbohydrates...	63g	Saturated Fat	1g	Iron	2mg
Sugars	35g	Added Sugars	35g	Potassium	0mg
Dietary Fiber	1g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	45mg		
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



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makes 2 muffins	
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Cholesterol 45mg	15%
Sodium 600mg	26%
Total Carbohydrate 63g	23%
Dietary Fiber < 1g	3%
Total Sugars 35g	
Includes 35g Added Sugars	69%
Protein 4g	
Iron 2mg	10%
Not a significant source of vitamin D, calcium, 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.	