



GOLD MEDAL

142265 - Mix Muffin Oat Bran 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 **172**
Serving size **1/2cupMix(79g)**

Amount per serving
Calories 340

	% Daily Value*
Total Fat 11g	14%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 610mg	27%
Total Carbohydrate 58g	21%
Dietary Fiber 3g	11%
Total Sugars 26g	
Includes 26g Added Sugar	52%
Protein 4g	
Vitamin D	%
Calcium 0mg	0%
Iron 2.1mg	12%
Potassium 110mg	2%

* 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, OAT BRAN, PALM OIL, WHOLEGRAIN OATS. CONTAINS 2% OR LESS OF: MODIFIED CORN STARCH, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), DEXTROSE, SALT, MONO AND DIGLYCERIDES, MODIFIED WHEY, CINNAMON, XANTHAN GUM, EGG, 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 38--3.2 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 15-18 minutes in 375 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.
11447000	142265	10016000114477	6	6/5#

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
48.7lb	30lb	USA	Yes	No

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
24in	16.3in	4.5in	1.02ft3	10x5	180DAYS	40°F / 111°F



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Nutrition Analysis - By Serving

Calories	340	Total Fat	11g	Sodium	610mg
Protein	4	Trans Fats	0g	Calcium	0mg
Total Carbohydrates...	58g	Saturated Fat	5g	Iron	2.1mg
Sugars	26g	Added Sugars	26g	Potassium	110mg
Dietary Fiber	3g	Polyunsaturated Fat	0.5g	Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(U)	0	Vitamin D		Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0mg	Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

