



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:

🥚 eggs 🥛 milk 🌱 soy 🌾 wheat

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 | Product Category |
|------------|---------------------|------------------|
| GOLD MEDAL | GENERAL MILLS, INC. | Grocery |

| 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 | TlxHI | Shelf Life | Storage Temp From/To |
| 24in | 16.3in | 4.5in | 1.02ft3 | 10x5 | 180DAYS | 40°F / 111°F |



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 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

