



PILLSBURY

483011 - Muffin Dough Lemon Poppy Puck S/O

Frozen muffin batter with lemon and poppy seed flavor in a pre-portioned, easy freezer-to-oven format. No scooping required - just place, bake and serve.



* Benefits

Nutrition Facts

Servings per Container **72**
Serving size **3Pucks(127g)**

Amount per serving
Calories 490

	% Daily Value*
Total Fat 28g	36%
Saturated Fat 12g	60%
Trans Fat 0.5g	
Cholesterol 80mg	27%
Sodium 490mg	21%
Total Carbohydrate 54g	20%
Dietary Fiber 2g	7%
Total Sugars 31g	
Includes 29g Added Sugar	58%
Protein 6g	
Vitamin D 0.5mcg	3%
Calcium 110mg	8%
Iron 2.1mg	12%
Potassium 120mg	3%

* 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.

Ingredients

SUGAR, ENRICHED FLOUR BLEACHED (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), PALM OIL, EGGS, WATER, POPPY SEED. CONTAINS 2% OR LESS OF: MODIFIED CORN STARCH, SOYBEAN OIL, MODIFIED WHEY, BAKING SODA, SODIUM ACID PYROPHOSPHATE, CORN STARCH, SALT, CELLULOSE GUM, NATURAL FLAVOR, XANTHAN GUM, LOCUST BEAN GUM, SODIUM STEAROYL LACTYLATE, MONOCALCIUM PHOSPHATE, CALCIUM SULFATE, VITAL WHEAT GLUTEN, ANNATTO AND TURMERIC EXTRACT COLOR, BHT (PRESERVATIVE).

Allergens

Contains:



Handling Suggestions

Keep frozen. Muffin batter 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

Suggested serving is one muffin. Great for coffee shops, bakeries and cafeterias. Consider adding nuts, sugar, streusel or icing drizzle to vary the offering.

Prep & Cooking Suggestions

Place frozen muffin puck(s) in sprayed or paper lined muffin pans. Bake times will vary by oven type and oven load. (see case package for specific details) Muffins are done when center springs back when touched lightly.

Product Specifications

Brand	Manufacturer
PILLSBURY	GENERAL MILLS-FROZEN

MFG #	SPC #	GTIN	Pack	Pack Desc.
131664000	483011	10094562316645	1	216/1.5 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
22.45lb	22.45lb	USA	Yes	No

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
13.06in	6.87in	12.31in	0.64ft3	12x8	360DAYS	0°F / 32°F



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Nutrition Analysis - By Serving

Calories	490	Total Fat	28g	Sodium	490mg
Protein	6	Trans Fats	0.5g	Calcium	110mg
Total Carbohydrates...	54g	Saturated Fat	12g	Iron	2.1mg
Sugars	31g	Added Sugars	29g	Potassium	120mg
Dietary Fiber	2g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	80mg		
Vitamin A(U)		Vitamin D	0.5mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

