



	Nutrition FactsServings per Container47Serving size1/3cup (47g)			
ATTERNAL BLUEE		Amount per serving Calories	200	
	ATLUEBERAFIES (CR).	% Dai	ly Value*	
JUST ADD NET WT S L		Total Fat 5g	7%	
a	Pasa	Saturated Fat 2g	10%	
		Trans Fat 0g		
0		Cholesterol 15mg	5%	
* Benefits		Sodium 360mg	16%	
		Total Carbohydrate 34g	12%	
Add water only (Complete) "**365 Days for product performa	ance 60 Days against infestation"	Dietary Fiber 0g	0%	
Sos Days for produce performe		Total Sugars 18g	-	
		Includes 17g Added Sugar	34%	
Ingredients	Allergens	Protein 2g		
		Nitemia D. Omeg	0%	
"SUGAR, ENRICHED BLEACHED FLOUR (BLEACHED WHEAT	Contains:	Vitamin D 0mcg Calcium 20mg	2%	
FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), DEXTROSE, VEGETABLE SHORTENING (CANOLA AND/OR PALM OIL),	🕜 eggs 👔 milk 🖓 soy 🍘 wheat	Iron 0.9mg	<u> </u>	
MODIFIED CORN STARCH, LEAVENING (BAKING SODA, ALUMINUM SULFATE, SODIUM ALUMINUM PHOSPHATE, SODIUM ACID PYROPUATE, MONOCAL CIUM	Free From:	U	<u>3%</u>	
SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE), CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: WHEY, EGG YOLK, GELATINIZED YELLOW	shellfish () mollusks	Potassium 40mg	170	
CORN FLOUR, PALIÓ OIL, HYDRÒGENATED VEGETABLE SHORTENING (PALM KERNEL OIL, PALM OIL, CANOLA OIL), SALT, NATURAL AND ARTIFICIAL FLAVOR, MONOGLYCERIDES, EGG WHITE, CITRIC ACID, SOY LECITHIN, XANTHAN GUM, SODIUM CASEINATE, RED 40 LAKE, BLUE 2 LAKE, SODIUM LAURYL SULFATE	(5) fish (5) peanuts (6) sesame (6) tree nuts	* The % Daily Value (DV) tells you how much a serving of food contributes to a daily diet. 2 a day is used for general nutrition advice.		

CONTAINS A BIOENGINEERED FOOD INGREDIENT"

Handling Suggestions

DRY

Serving Suggestions

1/3 Cup

Prep & Cooking Suggestions

5 lb Basis 3 cups (24ozs) Water 70 - 75F 5 lbs mix 2 1/2 lb Basis 1 1/2 Cups (12ozs) water 70 - 75F 2 1/2 lbs mix 1. Pour water in mixing bowl add mix 2. Mix for 30 seconds on low speed* with paddle; scrape bowl and paddle. Continue mixing on low for 1 minute 3. Portion batter into well greased or paper lined muffin cups Fill cups approximately 2/3 full. 4. Bake at 400F in a conventional oven. #20 scoop 2 - 21/2 oz muffins 15-20 minutes** #10 scoop 3 3 3 3/4oz muffins 20-25 minutes for a convention oven lower heat to 350F and bake for 2-5 minutes less. *Low speed is #1 on a 3 speed mixer and #2 on a 4 speed mixer. **Baking time may vary depending on oven and oven load.

Product Specifications

Brand				Manufacturer				
HOSPITALITY				Gilster-Mary Lee Food Service				
MFC	MFG # SPC # GTIN		IN	Pack		Pack Desc.		
71923-	65049	221789	900	10071923650495 6		6	6 / 5.0 LBR	
Gross W	/eight	Net Weig	ht Co	Country of Origin		Ko	osher	Child Nutrition
31.5	lb	30lb		USA			Yes	No
Shipping Information								
Length	Width	Height	Volume	TIxHI	Shelf L	ife	Storage Temp From/To	
17.56in	9.69in	11.69in	1.15ft3	10x4	365DA	YS	50°F / 85°F	





Nutrition Analysis - By Serving

Calories	200	Total Fat	5g	Sodium	360mg
Protein	2	Trans Fats	Og	Calcium	20mg
Total Carbohydrates…	34g	Saturated Fat	2g	Iron	0.9mg
Sugars	18g	Added Sugars	17g	Potassium	40mg
Dietary Fiber	Og	Polyunsaturated Fat	1g	Zinc	0
Lactose		Monounsaturated Fat	2g	Phosphorus	
Sucrose		Cholesterol	15mg		
Vitamin A(IU)•	0	Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0mg	Folate	0mg	Riboflavin	0mg
Magnesium		Vitamin B-6		Vitamin B-12•	
Monosodium		Sulphites		Nitrates	

Additional Images



