



Gold Medal
22182600 - Gold Medal Corn Muffin Mix

Gold Medal(TM) corn muffin mix in an easy, "just add water" format. Formulated to produce tender and moist muffins, every time, with sweet corn flavor and rustic appearance. For crediting in USDA Child Nutrition Programs: .75 ounce equivalent grain. This non-whole grain product may qualify with a whole grain exemption.



Nutrition Facts

Servings per Container 150
Serving size 2/3cupmix(90g)

Amount per serving
Calories 370

	% Daily Value*
Total Fat 10g	13%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 780mg	34%
Total Carbohydrate 67g	24%
Dietary Fiber 1g	4%
Total Sugars 26g	
Includes 25g Added Sugar	50%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 40mg	3%
Iron 2.3mg	13%
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

Ingredients

ENRICHED FLOUR BLEACHED (WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, DEGERMED YELLOW CORN MEAL, SOYBEAN OIL, MODIFIED CORN STARCH, YELLOW CORN FLOUR, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE). CONTAINS 2% OR LESS OF: SALT, EGGS WITH SODIUM SILICOALUMINATE, MODIFIED WHEY, MONO AND DIGLYCERIDES, NONFAT MILK, XANTHAN GUM, 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

1 muffin

Prep & Cooking Suggestions

Follow instruction on the package

📄 Product Specifications

Brand			Manufacturer			
Gold Medal			GENERAL MILLS SALES INC.			
MFG #	SPC #	GTIN	Pack	Pack Desc.		
16000-11442	22182600	10016000114422	6	6 / 5.0 LBR		
Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition		
34.1lb	30lb	USA	Yes	No		
Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.68in	11.75in	10in	1.07ft3	10x5	372DAYS	32°F / 95°F



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Nutrition Analysis - By Serving

Calories	370	Total Fat	10g	Sodium	780mg
Protein	4	Trans Fats	0g	Calcium	40mg
Total Carbohydrates...	67g	Saturated Fat	1.5g	Iron	2.3mg
Sugars	26g	Added Sugars	25g	Potassium	0mg
Dietary Fiber	1g	Polyunsaturated Fat	2.5g	Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	10mg		
Vitamin A(IU)•	0	Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0mg	Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

Additional Images



Nutrition Facts	
25 servings per container	
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Trans Fat 0g	
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Dietary Fiber 1g	4%
Total Sugars 26g	
Includes 25g Added Sugars	50%
Protein 4g	
Calcium 40mg	2%
Iron 2.3mg	15%
Not a significant source of vitamin D 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.	

