

- Gold Medal Muffin Mix Box Whole Grain Variety 6/5 LB

Gold Medal whole grain variety muffin mix, made with 100% whole wheat and contains 43g whole grain per 2 muffin serving (at least 48g recommended daily). Offers a hearty taste and texture. Designed for minimal labor, simply add water for scratch-like muffins with a desirable golden color and mushroom crown. The mix's forgiving formula means less waste and consistent quality. Ea...



MARKETING

K-12 Regulation Ready. 2.5 oz Equivalent Grain. CACFP Eligible.. Convenient mix, just add water. No complex steps needed.. 6, 5lb boxes per case, ensuring high yield and cost-effective bulk format.. Made with 100% whole wheat. No artificial flavors or colors for natural taste.. Highly tolerant formula reduces waste by forgiving minor preparation errors.

Nutrition Facts

156 Servings per container

Serving Size 1/2 cup mix (86g) makes 2 muffins

Amount Per Serving

Calories **360**

% Daily Value*

Total Fat 10 **12%**

Saturated Fat 5 g **24%**

Trans Fat 0 g

Cholesterol 5 mg **2%**

Sodium 560 mg **24%**

Total Carbohydrates 64 g **23%**

Dietary Fiber 4 g **13%**

Total Sugars 28 g

Includes 28 g Added Sugars **55%**

Protein 4 g

Vitamin D 0 mcg 0%

Calcium 30 mg 2%

Iron 1.2 mg 6%

Potassium 140 mg 2%

* The % Daily Values (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.

PRODUCT SPECIFICATIONS

Code	Dist Prod Code	GTIN	Calculated Pack			
31529000	058109	10016000315294	6/5 LB			
Brand	Brand Owner	GPC Description				
Gold Medal	GENERAL MILLS SALES INC.	Baking/Cooking Mixes (Shelf Stable)				
Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition	
33.500 LBR	30.000 LBR	No	United States	Yes	No	
Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.680 INH	11.750 INH	10.000 INH	1.06600 FTQ	10x5	279 Days	32 FAH / 95 FAH
Traceability Regulation						
Regulation Type Code	Regulatory Act	Trade Item Regulation Compliant	Regulation Restrictions and Descriptors			
BUY_AMERICAN_PROVISION_USDA	N/A	TRUE	N/A			

HANDLING SUGGESTIONS

Keep in a dry cool place. Muffin Mix 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

ALLERGENS

C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; INII = 'Intentionally nor Inherently Included'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

- Milk - C
- Eggs - C
- Soybean - C
- Wheat - C
- Sesame - INII
- Pine Nuts - INII
- Cashews - INII
- Macadamia Nuts - INII
- Coconuts - INII
- Brazil Nuts - INII
- Walnuts - INII
- Peanuts - INII
- Tree - INII
- Fish - INII
- Shellfish - NI
- Crustaceans - INII
- Almonds - INII
- Hazelnuts - INII
- Chestnuts - INII
- Pecan Nuts - INII
- Pistachios - INII
- Molluscs - INII

INGREDIENTS

INGREDIENTS: WHOLE WHEAT FLOUR BLEACHED, SUGAR, PALM OIL, MODIFIED CORN STARCH. CONTAINS 2% OR LESS OF: LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), DEXTROSE, SALT, NONFAT MILK, EGGS WITH SODIUM SILICOALUMINATE, MONO AND DIGLYCERIDES, XANTHAN GUM, SOY FLOUR.

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PREPARATION & COOKING SUGGESTIONS

Yield #20 Scoop, Mini Muffin: 1.9 oz batter, Full Batch: 65, Half Batch: 32 #16 Scoop, Standard Muffin: 2.3 oz batter, Full Batch: 53, Half Batch: 26 #10 Scoop, Standard Muffin: 3.5 oz batter, Full Batch: 35, Half Batch: 17 #8 Scoop, Jumbo Muffin: 3.9 oz batter, Full Batch: 31, Half Batch: 15
 Ingredients Cool Water (Approx 72°F): Full Batch: 5 ½ cups (2 lb 12OZ), Half Batch: 2 ¾ cups (1 lb 6 OZ) Mix: Full Batch: Full Box (5 LB), Half Batch: 8 ½ cups (2 LB 8 OZ) Mixing Directions Hand Mixing Pour total amount of water into mixing bowl. Add muffin mix. Mix using a rubber spatula or wire whip until batter is well blended. Fold in desired ingredients. Do not overmix. Deposit batter into paper lined or generously greased/sprayed muffin cups. Machine Mixing Pour total amount of water into mixer bowl. Add muffin mix. Mix using a paddle attachment on low speed for 20 seconds. Scrape mixer. Scrape bowl a...

SERVING SUGGESTIONS

1/2 Cup Mix (86g) Makes 2 Muffins

MORE INFORMATION

NUTRITIONAL ANALYSIS

Calories	360
Protein	4 g
Total Carbohydrates	64 g
Sugars	28 g
Dietary Fiber	4 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	10
Trans Fat	0 g
Saturated Fat	5 g
Added Sugars	28 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	5 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	560 mg
Calcium	30 mg
Iron	1.2 mg
Potassium	140 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS

ARTIFICIAL_SWEETENERS	FREE_FROM	PARTIALLY_HYDROGENATED_VEGETABLE_OIL	FREE_FROM	TRANS_FAT	FREE_FROM
MSG	FREE_FROM	HIGH_FRUCTOSE_CORN_SYRUP	FREE_FROM	ARTIFICIAL_FLAVOUR	FREE_FROM
WHOLE_GRAIN	CONTAINS	WHOLE_GRAIN	EXCELLENT_SOURCE_OF	KOSHER	YES
VEGETARIAN	YES				

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