

## - Gold Medal Muffin Mix Basic (6 ct) 5 lb

Gold Medal basic muffin mix in an easy, "just add water" format. Formulated to produce tender and moist muffins with very sweet, cake-like texture with yellow crumb. Great for muffin squares. Available in cost-effective, 5 lb bulk format for smaller operations.



### MARKETING

Gold Medal Basic Muffin Mix I formulated to produce tender and moist muffins with very sweet, cake-like texture with yellow crumb. Great for muffin squares.. Available in cost effective, 5 pound bulk format.. Add water only means minimal skill labor is required. . Golden brown-baked color and bold mushroom-shaped crown give muffins a desirable scratch like appearance.. Muffins made from Gold Medal mixes have the same quality as fresh-baked after 24 hours leading to less waste.

## Nutrition Facts

186 Servings per container

**Serving Size** 1/2 cup mix (72g)

**Amount Per Serving**  
**Calories** **300**

% Daily Value\*

**Total Fat** 7 **9%**

Saturated Fat 3.5 g **18%**

Trans Fat 0 g

**Cholesterol** 10 mg **4%**

**Sodium** 560 mg **24%**

**Total Carbohydrates** 55 g **20%**

Dietary Fiber 1 g **3%**

Total Sugars 28 g

Includes 27 g Added Sugars **53%**

**Protein** 3 g

Vitamin D 0 mcg 0%

Calcium 50 mg 4%

Iron 1.8 mg 10%

Potassium 0 mg 0%

\* 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			
11432000	061085	10016000114323	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	
34.100 LBR	30.000 LBR	No	United States	Yes	No	
Shipping						
Length	Width	Height	Volume	Tlx/Hi	Shelf Life	Storage Temp From/To
15.680 INH	11.750 INH	10.000 INH	1.06600 FTQ	10x5	372 Days	32 FAH / 95 FAH
Traceability Regulation						
Regulation Type Code	Regulatory Act	Trade Item Regulation Compliant	Regulation Restrictions and Descriptors			
N/A	N/A	N/A	N/A			

### HANDLING SUGGESTIONS

Keep in a cool, dry 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

ENRICHED FLOUR BLEACHED (WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, PALM OIL, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE). CONTAINS 2% OR LESS OF: DEXTROSE, MODIFIED WHEY, SALT, EGG YOLK WITH SODIUM SILICOALUMINATE, XANTHAN GUM, SOY LECITHIN, NONFAT MILK, WHEY, NATURAL FLAVOR, ANNATO AND TURMERIC EXTRACT COLOR, DEFATTED SOY FLOUR, EGGS WITH SODIUM SILICOALUMINATE.

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### PREPARATION & COOKING SUGGESTIONS

Yield #20 Scoop, Mini Muffin: 1.8 oz batter, Full Batch: 65, Half Batch: 32 #16 Scoop, Standard Muffin: 2.1 oz batter, Full Batch: 63, Half Batch: 31 #10 Scoop, Standard Muffin: 3.1 oz batter, Full Batch: 36, Half Batch: 18 #8 Scoop, Jumbo Muffin: 3.9 oz batter, Full Batch: 29, Half Batch: 14  
 Ingredients Cool Water (Approx 72°F): Full Batch: 4 1/2 cups (2 lb 4 oz), Half Batch: 2 1/4 cups (1 lb 2 oz) Mix: Full Batch: Full Box (5 lb), Half Batch: 8 1/2 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. Stop mixer. Scrape bowl a...

### SERVING SUGGESTIONS

1/2 cup mix (72g)

### MORE INFORMATION

### NUTRITIONAL ANALYSIS

Calories	411.28
Protein	4.624 g
Total Carbohydrates	75.898 g
Sugars	38.266 g
Dietary Fiber	1.28 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	9.911
Trans Fat	0.032 g
Saturated Fat	4.915 g
Added Sugars	36.984 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	14.751 mg
Vitamin D	0.081 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	772.521 mg
Calcium	65.654 mg
Iron	2.568 mg
Potassium	93.948 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

### NUTRITIONAL CLAIMS

IRON	GOOD_SOURCE_OF	PARTIALLY_HYDROGENATED_VEGETABLE_OIL	FREE_FROM	HIGH_FRUCTOSE_CORN_SYRUP	FREE_FROM
ARTIFICIAL_FLAVOUR	FREE_FROM	TRANS_FAT	FREE_FROM	ARTIFICIAL_SWEETENERS	FREE_FROM
VEGETARIAN	YES	KOSHER	YES		

### MORE IMAGES

