

## - Gold Medal Muffin Mix Box Corn 6/5 LB

Gold Medal 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.



### MARKETING

Corn muffin mix in an easy, just add water format from Gold Medal. Formulated to produce tender and moist muffins, every time, with sweet corn flavor and rustic appearance.. Available in cost-effective, 5 lb bulk format.. Highly tolerant formulas forgive minor errors and help eliminate waste.. Use Corn Muffin Mix for cornbread with a very sweet, moist, cake-like texture and a dark top. Corn muffins can be shaped as mini muffins, muffin tops and corn muffin loaves.

## Nutrition Facts

150 Servings per container

**Serving Size** 2/3 cup mix (90g)

**Amount Per Serving**  
**Calories** **370**

% Daily Value\*

**Total Fat** 10 **13%**

Saturated Fat 1.5 g **8%**

Trans Fat 0 g

**Cholesterol** 10 mg **3%**

**Sodium** 780 mg **34%**

**Total Carbohydrates** 67 g **24%**

Dietary Fiber 1 g **4%**

Total Sugars 26 g

Includes 25 g Added Sugars **50%**

**Protein** 4 g

Vitamin D %

Calcium 40 mg 2%

Iron 2.3 mg 15%

Potassium %

\* 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			
11442000	061234	10016000114422	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	TlxHI	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	UNSPECIFIED	N/A			

### HANDLING SUGGESTIONS

Keep in a dry cool place. Cornbread 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, 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.

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## PREPARATION & COOKING SUGGESTIONS

Yield: #20 Scoop (Mini Muffin Pan): 63 muffins (full batch), 31 muffins (half batch) #16 Scoop (Standard Muffin Pan): 50 muffins (full batch), 25 muffins (half batch) #10 Scoop (Standard Muffin Pan): 36 muffins (full batch), 18 muffins (half batch) #8 Scoop (Jumbo Muffin Pan): 28 muffins (full batch), 14 muffins (half batch) Ingredients: Full batch: 5 1/4 cups (2 lb 10 oz) of cool water (approx. 72°F) and a full 5 lb box of mix. Half batch: 2 2/3 cups (1 lb 5 oz) of water and 7 1/4 cups (2 lb 8 oz) of mix. Mixing Directions: Hand Mixing: Pour all water into a mixing bowl. Add muffin mix. Mix with a rubber spatula or wire whip until well blended. Fold in any desired ingredients; avoid overmixing. Deposit batter into paper-lined or generously greased/sprayed muffin cups. Machine Mixing: Pour all water into the mixer bowl. Add muffin mix. Mix with a paddle attachment on low speed for 20 seconds. Stop,...

## SERVING SUGGESTIONS

1 muffin

## MORE INFORMATION

## NUTRITIONAL ANALYSIS

Calories	413.738
Protein	4.346 g
Total Carbohydrates	74.663 g
Sugars	28.544 g
Dietary Fiber	1.299 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	10.856
Trans Fat	0.148 g
Saturated Fat	1.763 g
Added Sugars	27.722 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	8.637 mg
Vitamin D	
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	863.166 mg
Calcium	41.355 mg
Iron	2.52 mg
Potassium	
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

## NUTRITIONAL CLAIMS

GELATINE	FREE_FROM	CHOLESTEROL	FREE_FROM	TRANS_FAT	FREE_FROM
ARTIFICIAL_PRESERVATIVES	FREE_FROM	CHOLESTEROL	LOW	ARTIFICIAL_SWEETENERS	FREE_FROM
ARTIFICIAL_FLAVOUR	FREE_FROM	HIGH_FRUCTOSE_CORN_SYRUP	FREE_FROM	VEGETARIAN	YES
KOSHER	YES				

## MORE IMAGES

