

# 919640 - Sweet Corn Muffin Mix

Add water only (Complete)



## MARKETING

Add water only (Complete). **\*\*365 Days** for product performance 60 Days against infestation"

## PRODUCT SPECIFICATIONS

Code	Dist Prod Code	GTIN	Calculated Pack
71923-65806	919640	10071923658064	6 / 5.0 Pound

Brand	Brand Owner	GPC Description
HOSPITALITY	Gilster-Mary Lee Food Service	Baking/Cooking Mixes (Shelf Stable)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
31.5 LBR	30 LBR	No	United States	Yes	No

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
17.563 INH	9.688 INH	11.688 INH	1.151 FTQ	10x4	365 Days	50 FAH / 85 FAH

## HANDLING SUGGESTIONS

DRY

## SERVING SUGGESTIONS

1/4 Cup

## INGREDIENTS

"ENRICHED BLEACHED FLOUR (BLEACHED WHEAT FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED DEGERMED YELLOW CORN MEAL (DEGERMED YELLOW CORN MEAL, NIACIN, IRON [FERROUS SULFATE], THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, VEGETABLE SHORTENING (CONTAINS ONE OR MORE OF THE FOLLOWING: CANOLA AND/OR PALM OIL), LEAVENING (BAKING SODA, ALUMINUM SULFATE, MONOCALCIUM PHOSPHATE, SODIUM ALUMINUM PHOSPHATE), CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: DEXTROSE, NONFAT MILK, SALT, EGG YOLK, WHEY, CALCIUM CARBONATE, CORN STARCH, YELLOW 5 LAKE, YELLOW 6 LAKE CONTAINS A BIOENGINEERED FOOD INGREDIENT"

## ALLERGENS

C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; 30 = 'Free From Not Tested'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

- Milk - C
- Eggs - C
- Soybean - N
- Wheat - C
- Sesame - N
- Molluscs - N
- Peanuts - N
- Tree - N
- Fish - N
- Shellfish - N
- Crustaceans - N

## Nutrition Facts

60 Servings per container

**Serving Size** 1/4 Cup

**Amount Per Serving**  
**Calories** 150

	% Daily Value*
<b>Total Fat</b> 3.5 g	<b>5%</b>
Saturated Fat 1 g	<b>5%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 10 mg	<b>3%</b>
<b>Sodium</b> 410 mg	<b>18%</b>
<b>Total Carbohydrates</b> 27 g	<b>10%</b>
Dietary Fiber 0.5 g	<b>3%</b>
Total Sugars 7 g	
Includes 6 g Added Sugars	<b>13%</b>

Protein 2 g	
Vitamin D 0 mcg	0%
Calcium 150 mg	10%
Iron 1.1 mg	6%
Potassium 60 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.

## PREPARATION & COOKING SUGGESTIONS

For corn muffins: 5 lbs basis 6 1/2 cups (52oz) water (70° F to 75° F) 5 lb mix 2 1/2 lb basis 3 1/4 cups (26oz) water (70° F to 75° F) 2 1/2 lbs mix For Corn bread 5 lbs basis 7 cups (56oz) water (70° F to 75° F) 5 lb mix 2 1/2 lb basis 3 1/2 cups (28oz) water (70° F to 75° F) 2 1/2 lbs mix 1. Pour 1/2 of the total water into mixer bowl, add mix 2. Mix on low speed \* using a paddle for 1 1/2 minutes 3. Add rest of water gradually while blending for 1/2 minute on low speed. \* 4. Scrape bowl and paddle 5. Mix on low speed \* for 1 minute 6. For Muffins: Fill well greased or paper lined muffin pans 2/3 full. Bake in preheated standard oven 400 ° F for 18 to 22 minutes \*\* (In a convection oven 350°F for 15 to 18 minutes).\*\* rotating muffins 180° after baking 6 to 8 minutes then continue baking for remainder of time. 7. For cornbread: Fill one greased or paper lined sheet pan 18 x 26 with entire amount of batter. Bake in preheated standard oven 400 ° F for 25 to 35 minutes \*\* (Convection oven: 350°...

## MORE INFORMATION

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## NUTRITIONAL ANALYSIS



Calories	150
Protein	2 g
Total Carbohydrates	27 g
Sugars	7 g
Dietary Fiber	0.5 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	3.5 g
Trans Fat	0 g
Saturated Fat	1 g
Added Sugars	6 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	1.5 g
Cholesterol	10 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	410 mg
Calcium	150 mg
Iron	1.1 mg
Potassium	60 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

## NUTRITIONAL CLAIMS



TRANS_FAT	FREE_FROM
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KOSHER	YES
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