



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	TlxHl	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

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
- Soy - N
- Wheat - C
- Sesame - N
- Peanuts - N
- Tree Nuts - N
- Fish - N
- Shellfish - N

HANDLING SUGGESTIONS

DRY

MORE INFORMATION

SERVING SUGGESTIONS

1/4 Cup

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° F for 20 to 30 minutes**) *Low speed is #1...

Nutrition Facts

60 Servings per container

Serving Size 1/4 Cup

Amount Per Serving
Calories 150

% Daily Value*

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

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.

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"

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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