

# 934836 - Plain Muffin Mix

add Water Only (Complete)



### MARKETING

add Water Only (Complete). \*\*\*365 Days for product performance 60 Days against infestation"

## Nutrition Facts

52 Servings per container

**Serving Size** 1/3 Cup

**Amount Per Serving**  
**Calories** 180

% Daily Value\*

**Total Fat** 4.5 g 6%

Saturated Fat 1.5 g 8%

Trans Fat 0 g

**Cholesterol** 20 mg 6%

**Sodium** 390 mg 17%

**Total Carbohydrates** 32 g 12%

Dietary Fiber 0 g 0%

Total Sugars 15 g

Includes 14 g Added Sugars 28%

**Protein** 3 g

Vitamin D 0 mcg 0%

Calcium 90 mg 6%

Iron 1 mg 6%

Potassium 50 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
71923-65015	934836	10071923650150	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

1/3 Cup

### PREPARATION & COOKING SUGGESTIONS

5 lb basis 4 cups (32oz) water 70-75°F 5 lbs mix 2 1/2 lb basis 2 cups (16oz) water (70 to 75°F) 2 1/2 lbs mix 1. Pour water into mixing bowl add mix 2. mix for 30 seconds on low speed \* with paddle. Scrape bowl and paddle. Continue mixing on low speed for 1 minute 3. Fold in desired drained ingredients i.e. blueberries, diced peaches, diced pineapples, diced apples, chocolate chips or chopped nuts. 4. portion batter into well greased or paper lined muffin cups fill approximately 2/3 full. 5. Bake at 400°F in a convectional oven #20 scoop 2-2 1/4oz muffins 15 -20 minutes\*\* # 10 scoop 3 3/4oz muffins 20-25 minutes \*\* \*Low speed is 1 speed on a 3 speed mixer and 2nd on a 4 speed mixer. \*\*Bake time may vary depending on the oven and oven load

### INGREDIENTS

"SUGAR, ENRICHED BLEACHED FLOUR (BLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED BLEACHED FLOUR (BLEACHED WHEAT FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE SHORTENING (CONTAINS ONE OR MORE OF THE FOLLOWING: CANOLA AND/OR PALM OIL), MODIFIED CORN STARCH, LEAVENING (BAKING SODA, ALUMINUM SULFATE, SODIUM ALUMINUM PHOSPHATE, SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE), CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: WHEY, EGG YOLK, SLAT, MONOGLYCERIDES, CALCIUM CARBONATE, ARTIFICIAL FLAVOR, EGG WHITE, XANTHAN GUM, SODIUM LAURYL SULFATE. 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

### MORE INFORMATION

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## NUTRITIONAL ANALYSIS



Calories	180
Protein	3 g
Total Carbohydrates	32 g
Sugars	15 g
Dietary Fiber	0 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	4.5 g
Trans Fat	0 g
Saturated Fat	1.5 g
Added Sugars	14 g
Polyunsaturated Fat	1 g
Monounsaturated Fat	2 g
Cholesterol	20 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	390 mg
Calcium	90 mg
Iron	1 mg
Potassium	50 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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