125808 - Gold Medal Muffin Mix Box Whole Grain Variety 6/5 LB

Gold Medal(TM) whole grain variety muffin mix in an easy, "just add water" format. Made with 100% whole wheat and formulated to produce hearty, whole grain muffins with great taste and texture and the benefits of whole grain. Available in cost-effective, 5 lb bulk format for smaller operations. For crediting in USDA Child Nutrition Programs: 1 ounce equivalent grain, whole grai...



MARKETING

Gold Medal whole grain variety muffin mix in an easy, just add water format. Made with 100% whole wheat and formulated to produce hearty, whole grain muffins with great taste and texture and the benefits of whole grain.. 6, 5lb boxes per case make this a cost effective bulk format for operators. Golden brown baked color and bold mushroom shaped crown give muffins a desirable scratch like appearance. Muffins are popular at all times of the day and can be served sweet or savory.. Contains no artificial colors and no artificial flavors. "Add water only" means minimal skill labor is required and Gold Medal mixes have the same quality as fresh-baked after 24 hour...

PRODUCT SPECIFICATIONS

Code Dist Prod Code		GTIN	Calculated Pack	
31529000	125808	10016000315294	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
33.500 LBR	30.00 LBR	No	United States	Yes	No

			Ship	pping			
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To	
15.680 INH	11.750 INH	10.000 INH	1.06600 FTQ	10x5	279 Days	32 FAH / 95 FAH	

Nutrition Facts

156 Servings per container

Serving Size 1/2 cup mix (86g) makes 2 muffins

Amount Per Serving Calories

360

% Daily Value

Total Fat 10	12%
Saturated Fat 5 g	24%
Trans Fat 0 g	
Cholesterol 5 mg	2%
Sodium 560 mg	24%
Total Carbohydrates 64 g	23%
Dietary Fiber 4 g	13%
Total Sugars 28 g	
Includes 28 g Added Sugars	55%
Protein 4 g	

Vita	amin D 0 mcg	0%
Ca	lcium 30 mg	2%
Iro	n 1.2 mg	6%

^{*} 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

HANDLING SUGGESTIONS

surfaces after handling



SERVING SUGGESTIONS

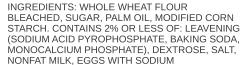


1/2 Cup Mix (86g) Makes 2 Muffins

PREPARATION & COOKING SUGGESTIONS

Standard Prep: Just add water. One stage mix with 40 seconds of mixing time. Scoop batter into paper lined or greased muffin pans. Bake time 18-20 minutes in 350 degrees F convection oven. See package for complete mixing and baking instructions.

INGREDIENTS



Keep in a dry cool 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

SILICOALUMINATE, MONO AND DIGLYCERIDES, XANTHAN GUM, SOY FLOUR.

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

Peanuts - 30

(Eggs - C

(1) Tree - 30

Soybean - C

(S) Fish - 30

(🍇) Wheat - C

Shellfish - NI

Sesame - 30

(!) Crustaceans - 30

Pine Nuts - 30

(!) Almonds - 30

7

(!) Cashews - 30

(!) Hazelnuts - 30

Coconuts - 30

Macadamia Nuts - 30 (!) Chestnuts - 30

Prazil Nuts - 30

Pistachios - 30

Pecan Nuts - 30

MORE INFORMATION



2%

! Walnuts - 30

! Molluscs - 30

Last Saved: 23 May 2025 | Printed: 06 June 2025 Powered by

125808 - Gold Medal Muffin Mix Box Whole Grain Variety 6/5 LB

Gold Medal(TM) whole grain variety muffin mix in an easy, "just add water" format. Made with 100% whole wheat and formulated to produce hearty, whole grain muffins with great taste and texture and the benefits of whole grain. Available in cost-effective, 5 lb bulk format for smaller operations. For crediting in USDA Child Nutrition Programs: 1 ounce equivalent grain, whole grai...

NUTRITIONAL ANALYSIS



Calories	360
Protein	4 g
Total Carbohydrates	64 g
Sugars	28 g
Dietary Fiber	4 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	10
Trans Fat	0 g
Saturated Fat	5 g
Added Sugars	28 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	5 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	560 mg
Calcium	30 mg
Iron	1.2 mg
Potassium	140 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS



ARTIFICIAL_FLAVOUR	FREE_FROM	HIGH_FRUCTOSE_CORN_SYRUP	FREE_FROM	TRANS_FAT	FREE_FROM
ARTIFICIAL_SWEETENERS	FREE_FROM	WHOLE_GRAIN	CONTAINS	MSG	FREE FROM
PARTIALLY_HYDROGENATED_VEGETABLE_OIL	FREE_FROM	FIBRE	GOOD_SOURCE_OF	IVISG	FREE_FROW
KOSHER	YES	VEGETARIAN	YES	WHOLE_GRAIN	EXCELLENT_SOURCE_OF

MORE IMAGES







