

# 125808 - Gold Medal(TM) Muffin Mix Whole Grain Variety 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...

## 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 g **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

Vitamin D 0 mcg 0%

Calcium 30 mg 2%

Iron 1.2 mg 6%

Potassium 140 mg 2%

\* 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 |
|----------|----------------|----------------|-----------------|
| 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              |

| 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  | 279 Days   | 32 FAH / 95 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 - C
- Wheat - C
- Sesame - 30
- Peanuts - 30
- Tree Nuts - 30
- Fish - 30
- Shellfish - NI

## SERVING SUGGESTIONS

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

## INGREDIENTS

INGREDIENTS: WHOLE WHEAT FLOUR BLEACHED, SUGAR, PALM OIL, MODIFIED CORN STARCH. CONTAINS 2% OR LESS OF: LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), DEXTROSE, SALT, NONFAT MILK, EGGS WITH SODIUM SILICOALUMINATE, MONO AND DIGLYCERIDES, XANTHAN GUM, SOY FLOUR.

## HANDLING SUGGESTIONS

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 surfaces after handling

## 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.

## MORE INFORMATION

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## 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 g  |
| 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 | MSG        | FREE_FROM | HIGH_FRUCTOSE_CORN_SYRUP | FREE_FROM |
| ARTIFICIAL_SWEETENERS | FREE_FROM | FIBRE      | CONTAINS  |                          |           |
| KOSHER                | YES       | VEGETARIAN | YES       | TRANS_FAT                | FREE_FROM |

## MORE IMAGES

