## 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

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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 freshaked after 24 hours.. Highly tolerant formulas forgive minor preparation errors and elimina...

# **Nutrition Facts**

156 Servings per container

Serving Size (85.6 g)

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

Dietary Fiber 4 g

Total Sugars 28 g

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 100				001600	16000315294 6/5 LB			6/5 LB		
Brand		Brand Owner					GPC Description					
Gold Meda	edal GENERAL MILLS SALES INC.					Baking/Cooking Mixes (Shelf Stable)						
Gross Weight Net		Net V	Veight	Case	e/Catch \	Veight	Co	Country Of Origin		Kosher	Child Nutrition	
33.500 LBR 30		30.00	0 LBR		No			United States		Yes	No	
Shipping												
Length	V	/idth	n Height		Volun	ne 7	ГІхНІ	Shelf	Shelf Life		Storage Temp From/To	
15.680 INH	11.	L.750 INH 10.		0 INH	1.06600	FTQ	10x5	279 Days		32 FAH / 95 FAH		
Traceability Regulation												
Regulation Type Regulatory Trad					ade Item Regulation			Re	Regulation Restrictions and			
Code			Act		Compliant				Descriptors			
N/A N/A				N/A			N/A					

#### HANDLING SUGGESTIONS



Keep in a dry cool place. Muffin Mix is not ready-toeat 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

## 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'

例 Milk - C

Peanuts - 30

(n) Eggs - C

(1) Tree - 30

( s

Soybean - C

(SO) Fish - 30

(♚) Wheat - C

Shellfish - NI

(%) Sesame - 30

(!) Crustaceans - 30

Pine Nuts - 30

! Almonds - 30

(!) Cashews - 30

! Hazelnuts - 30

! Macadamia Nuts -

(!) Chestnuts - 30

( ) Coconuts - 30

Pecan Nuts - 30

(!) Brazil Nuts - 30

Pistachios - 30

!) Walnuts - 30

(!) Molluscs - 30

#### **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.

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## PREPARATION & COOKING SUGGESTIONS



## **SERVING SUGGESTIONS**

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



## MORE INFORMATION

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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.

#### **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	

560 mg
30 mg
1.2 mg
140 mg

## NUTRITIONAL CLAIMS



WHOLE_GRAIN	EXCELLENT_SOURCE_OF	HIGH_FRUCTOSE_CORN_SYRUP	FREE_FROM	WHOLE_GRAIN	CONTAINS
ARTIFICIAL_FLAVOUR	FREE_FROM	ARTIFICIAL_SWEETENERS	FREE_FROM	MSG	FREE FROM
FIBRE	GOOD_SOURCE_OF	PARTIALLY_HYDROGENATED_VEGETABLE_OIL	FREE_FROM	····oc	TREE_TROW
KOSHER	YES	VEGETARIAN	YES	TRANS_FAT	FREE_FROM

## MORE IMAGES







