

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

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