

568117 - Naturally Flavored Wild Blueberry Muffin(s) With Othe...

A 4 oz cake-like muffin with a topping of blueberries baked golden brown and ready to thaw and serve. Delicious Essentials Muffins come in popular flavors that are individually wrapped. They are made to meet whole grain rich school requirements without sacrificing taste.



MARKETING

Certified Kosher Dairy. Can be sold to schools. 2 Creditable Grain Ounce Equivalents. Whole Grains Council Stamp: 50% + Stamp. Minimum 23 grams or more per serving. No High Fructose Corn Syrup. 0g Trans Fat per muffin.



Nutrition Facts

12 Servings per container	
Serving Size	1 MUFFIN
Amount Per Serving	
Calories	380
% Daily Value*	
Total Fat 12 g	15%
Saturated Fat 4 g	20%
Trans Fat 0 g	
Cholesterol 90 mg	30%
Sodium 260 mg	11%
Total Carbohydrates 61 g	22%
Dietary Fiber 5 g	18%
Total Sugars 32 g	
Includes 31 g Added Sugars	62%

Protein 6 g	
Vitamin D 0.4 mcg	2%
Calcium 50 mg	4%
Iron 2 mg	10%
Potassium 270 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 advice.

PRODUCT SPECIFICATIONS



Code	Dist Prod Code		GTIN		Calculated Pack	
10147	568117		10013087101475		48/4 oz	
Brand		Brand Owner			GPC Description	
Otis Spunkmeyer		ASPIRE BAKERIES			Desserts (Frozen)	
Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin		Kosher	Child Nutrition
14.130 LBR	12.000 LBR	No	United States		Yes	No
Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.188 INH	11.563 INH	11.875 INH	1.2069 FTQ	10x7	365 Days	-10 FAH / 10 FAH
Traceability Regulation						
Regulation Type Code		Regulatory Act	Trade Item Regulation Compliant		Regulation Restrictions and Descriptors	
N/A		N/A	N/A		N/A	

HANDLING SUGGESTIONS



Each muffin is individually wrapped (IW) in film that is fully labeled for retail sale. 12 IW muffins are packed per blank tray. 4 trays are packed per master shipping case for a total of 48 muffins per case. Keep Frozen; Shelf Life After Bake: Not applicable.; Shelf Life After Defrost: 21 days unopened; After Defrost Storage Type: Ambient

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 - 30
- Peanuts - 30
- Eggs - C
- Tree - 30
- Soybean - C
- Fish - 30
- Wheat - C
- Shellfish - 30
- Sesame - 30
- Crustaceans - 30
- AU - 30

INGREDIENTS



INGREDIENTS: WHOLE WHEAT FLOUR, SUGAR, EGGS, WATER, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), BLUEBERRIES, INVERT SUGAR, SOYBEAN OIL, FRACTIONATED INTERESTERIFIED PALM OIL, CONTAINS 2% OR LESS OF: CANOLA OIL, MONO- AND DIGLYCERIDES, OAT FIBER, MODIFIED CORN STARCH, PROPYLENE GLYCOL MONO- AND DIESTERS OF FATS AND FATTY ACIDS, POTASSIUM SORBATE (PRESERVATIVE), LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE), NATURAL AND ARTIFICIAL FLAVOR, NATURAL BLUEBERRY FLAVOR (NATURAL FLAVORS, BLUEBERRY JUICE CONCENTRATE, WATER, MALIC ACID, BLACKBERRY JUICE CONCENTRATE), SALT, SOY LECITHIN, ENZYMES (WHEAT).CONTAINS: EGGS, SOY, WHEAT.

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PREPARATION & COOKING SUGGESTIONS

Thaw and serve. Must keep frozen until ready to use.

SERVING SUGGESTIONS

1, 4oz Delicious Essentials® muffin = 2 Creditable Grain Ounce Equivalents

MORE INFORMATION

NUTRITIONAL ANALYSIS

Calories	380	Total Fat	12 g	Sodium	260 mg
Protein	6 g	Trans Fat	0 g	Calcium	50 mg
Total Carbohydrates	61 g	Saturated Fat	4 g	Iron	2 mg
Sugars	32 g	Added Sugars	31 g	Potassium	270 mg
Dietary Fiber	5 g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	90 mg		
Vitamin A (IU)		Vitamin D	0.4 mcg	Thiamin	
Vitamin A (RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

NUTRITIONAL CLAIMS

KOSHER	YES
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MORE IMAGES



Otis Spunkmeyer

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