

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	TlxHl	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

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 Nuts - 30
- Soy - C
- Fish - 30
- Wheat - C
- Shellfish - 30
- Sesame - 30

SERVING SUGGESTIONS

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

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.

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

PREPARATION & COOKING SUGGESTIONS

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

MORE INFORMATION

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NUTRITIONAL ANALYSIS



Calories	380
Protein	6 g
Total Carbohydrates	61 g
Sugars	32 g
Dietary Fiber	5 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	12 g
Trans Fat	0 g
Saturated Fat	4 g
Added Sugars	31 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	90 mg
Vitamin D	0.4 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	260 mg
Calcium	50 mg
Iron	2 mg
Potassium	270 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS



KOSHER	YES
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