

# Muffins, WG, Blueberry, RF, IW, Retail (#1201)



Ah! The blueberry muffin! The classic sweet breakfast everyone wants. Our whole grain blueberry muffin is not only moist and delicious, but is also USDA Smart Snack approved.

## General Specifications

Pack: 96/2 oz  
 Kosher: KVH-D  
 Shelf Life: 5 days at ambient. 365 days frozen.  
 Status: Available



## SCHOOL SPECIFICATIONS

USDA Smart Snack: Yes  
 Nutritional Ratio: 28-3-25

Grain (ounce equivalents): 1.0  
 Whole Grain: 9g, 53%  
 Enriched Flour: 8g  
 Combined Flour 17g

## INGREDIENTS

Flour Blend (Whole Grain Wheat Flour, Enriched Bleached Flour [Wheat Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid]), Water, Sugar, Egg, Soybean/Canola Oil, Blueberries, Invert Sugar, Egg Extender (Wheat Flour, Egg Yolk, Egg Solids, Soybean Oil, Guar Gum, Soy Lecithin, Salt, Sodium Bicarbonate, Annatto & Turmeric Oleoresin, Enzymes), Modified Food Starch, Leavening (Baking Soda, Sodium Aluminum Phosphate, Monocalcium Phosphate), Milk Whey, Wheat Gluten, Soy Flour, Salt, Emulsifiers (Sodium Stearoyl Lactylate, Propylene Glycol Monoesters, Monoglycerides), Soy Lecithin, Softener (Powder Fruit Juice, Grain Dextrin, Vegetable Fiber).

## ALLERGENS & DISCLOSURES

Contains egg, milk, soy, and wheat ingredients.  
 Contains bioengineered food ingredients.  
 This product is produced in a nut-free facility.

Nutrition Facts	
Serving size	2 oz (57g)
Amount per serving	
<b>Calories</b>	<b>160</b>
	% Daily Value*
Total Fat 5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 95mg	4%
Total Carbohydrate 26g	9%
Dietary Fiber 1g	4%
Sugars 14g	
Includes 13g Added Sugars	26%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 14mg	2%
Iron 1mg	6%
Potassium 55mg	2%

\* The % Daily Value (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.

