



Plain Muffin Mix



Plain Muffin

Product Last Saved Date:25 June 2015

Nutrition Facts

Serving Size: 44 GRM

Number of Servings per Package: 264

Amount Per Serving

Calories: 180 Calories from Fat: 40

% Daily Value*

Total Fat	5 g	7%
Saturated Fat	1.5 g	7%
Trans Fat	0 g	
Cholesterol	20 mg	6%
Sodium	390 mg	16%
Total Carbohydrate	32 g	11%
Dietary Fiber	1 g	2%
Sugars	15 g	

Protein 3 g

	Per Srv		Per Srv
Vitamin A	0%	Vitamin C	0%

	Calories	2,000	2,500
Calcium	8%		
Iron			6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram

Fat	9	Carbohydrate	4	Protein	4
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Product Specifications:

Man Prod Code	Dist Prod Code	GTIN	Pack	Pack Description
71923-65015	390039	10071923650150	6 X 5 LB	

Brand	Brand Owner	GPC Description
HOSPITALITY	GILSTER-MARY LEE CORP.	Baking/Cooking Mixes (Shelf Stable)

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
31.5 LBR	30 LBR	USA	Yes	No

Shipping Information

Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
17.63 INH	9.69 INH	11.56 INH	1.143 FTQ	4x10	365 Days	50 FAH / 85 FAH

Ingredients :

ENRICHED BLEACHED FLOUR (BLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, VEGETABLE SHORTENING (CONTAINS ONE OR MORE OF THE FOLLOWING: CANOLA AND/OR PALM OIL) WITH PRESERVATIVE (TBHQ), MODIFIED CORN STARCH, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, ALUMINUM SULFATE, SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE), CONTAINS 2% OR LESS OF: WHEY, EGG YOLK, SALT, EMULSIFIER (MONOGLYCERIDES), CALCIUM CARBONATE, EGG WHITE, ARTIFICIAL FLAVOR, XANTHAN GUM* CONTAINS EGG, MILK, WHEAT

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 Provided'):

Eggs - C	Milk - C	Peanuts - MC
Soy - MC	Wheat - C	TreeNuts - MC
Fish - N	Crustacean - N	

Handling Suggestions :

50° to 85° F with a target temperature of 70° with humidity under 50%

Benefits :

AWO baking mix; moist & flavorful; TRANS FAT FREE

Serving Suggestions :

1/3 cup

Prep & Cooking Suggestions :

For 5 lb. basis: 4 cups (32 ozs.) Water (70° to 75°F.), 5 lbs. Muffin Mix. 1. Pour water in mixing bowl; add mix. 2. Mix for 30 seconds on low speed* with paddle; scrape bowl and paddle. Continue mixing on low for 1 minute. 3. Fold in desired drained ingredients i.e. blueberries, diced peaches, diced pineapple, diced apples (or) chocolate chips, chopped nuts. 4. Portion batter into well greased or paper lined muffin cups. Fill cups approximately 2/3 full. 4. Bake at 400°F in a conventional oven. #20 disher 2-2-1/4 oz. muffins, 15 to 20 minutes. #10 disher 3-3/4-4 oz. muffins, 20-25 minutes.** For a convection oven lower heat to 350°F. and bake for 2-5 minutes less. *Low speed is No. 1 on a 3 speed mixer or No. 2 on a 4 speed mixer. **Bake time may vary depending on oven and oven load. Yield: Batter from 5 lbs. of Plain Muffin Mix will make approximately 52-2 oz. muffins.

More Information :

TELEPHONE: Egg, Milk, Wheat