



Sweet Corn Muffin Mix



Sweet Corn Muffin

Product Last Saved Date: 30 March 2016

Nutrition Facts

Serving Size: 38 GRM

Number of Servings per Package: 366

Amount Per Serving

Calories: 150 Calories from Fat: 30

% Daily Value*

Total Fat	3.5 g	5%
Saturated Fat	1 g	5%
Trans Fat	0 g	
Cholesterol	10 mg	3%
Sodium	410 mg	17%
Total Carbohydrate	26 g	9%
Dietary Fiber	1 g	4%
Sugars	7 g	
Protein	3 g	

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

Calcium	15%	Iron	6%
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*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
71923-65806	390054	10071923658064	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	TlxHI	Shelf Life	Storage Temp From/To
17.63 INH	9.69 INH	11.56 INH	1.1429 FTQ	4x10	365 Days	50 FAH / 85 FAH

Ingredients :

ENRICHED BLEACHED FLOUR (BLEACHED WHEAT FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED DEGERMED YELLOW CORN MEAL (DEGERMED YELLOW CORN MEAL, NIACIN, IRON [FERROUS SULFATE], THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, VEGETABLE SHORTENING (CONTAINS ONE OR MORE OF THE FOLLOWING: CANOLA AND/OR PALM OIL) WITH PRESERVATIVE (TBHQ), LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, ALUMINUM SULFATE, MONOCALCIUM PHOSPHATE), CONTAINS 2% OR LESS OF: DEXTROSE, NONFAT MILK, SALT, EGG YOLK, WHEY, CALCIUM CARBONATE, CORN STARCH, COLOR (YELLOW 5 LAKE AND YELLOW 6 LAKE)* CONTAINS WHEAT, MILK, EGG

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 cornbread or muffin mix, sweet; Good Source of Calcium; TRANS FAT FREE

Serving Suggestions :

1/4 cup

Prep & Cooking Suggestions :

For 5 lb. basis: For Corn Muffins: 6-1/2 cups (52 ozs.) Water (70° to 75°F.), 5 lbs. mix. For Cornbread: 7 cups (56 ozs.) Water ((70° to 75°F.), 5 lbs. mix. 1. Pour 1/2 of total water into mixing bowl. Add mix. 2. Mix on low speed* with paddle for 1-1/2 minutes. 3. Add rest of water gradually while blending for 1/2 minute on low speed*. 4. Scrape bowl and paddle. 5. Mix on low speed* for 1 minute. For Muffins: Fill well greased or paper lined muffin pans 2/3 full. Bake in prepared standard oven 400°F. 18 to 22 minutes. ** rotating muffins 180° after baking 6 to 8 minutes, then continue baking for remainder of time.) Yield: 5 lbs. of mix will make about 60-2 oz. muffins. For Cornbread: Fill one greased or paper lined sheet pan 18x26 with entire amount of batter. Bake in preheated standard oven 400°F for 25 to 35 minutes**. (For convection oven 350°F for 20 to 30 minutes**). *Low speed is 1st speed on a 3 speed mixer and 2nd on a 4 speed mixer. **Baking time may vary depending on oven and oven load.

More Information :

TELEPHONE: Wheat, Milk, Egg