

# Muffins, WG, Blueberry, IW (#1314)



## General Specifications

**Pack:** 48/4 oz  
**Kosher:** KVH-D  
**Shelf Life:** 5 days at ambient. 365 days frozen.  
**Status:** Available



## SCHOOL SPECIFICATIONS

**Nutritional Ratio:** 29-3-22  
**OZ Grain Equivalents:** 2.0  
**Whole Grain:** 16.9g, 51%  
**Enriched Flour:** 16.3g  
**Combined Flour:** 33.2g

## INGREDIENTS

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

## ALLERGENS

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

## Instructions

### PREPARATION

Thaw desired amount from freezer for approximately two hours, or place in microwave for approximately 30 seconds on high power. Remove all packaging from product before placing in any heating device.

## Nutrition Facts

Serving Size 4.0 oz (113g)

Amount Per Serving % Daily Value

**Calories** 310

Calories from Fat 90

**Total Fat** 10g 15%

Saturated Fat 1g 5%

Trans Fat 0g

**Cholesterol** 35mg 12%

**Sodium** 250mg 10%

**Total Carb** 51g 17%

Dietary Fiber 2g 8%

Sugars 25g

**Protein** 5g 10%

**Vitamin A** 2%

**Vitamin C** 2%

**Calcium** 4%

**Iron** 10%

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



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## Case Specifications

**GTIN:** 00737410131405

**Dimensions:** 21.187" x 13.875" x 5.625"

**Cube:** 0.96

**Gross Weight:** 13.25 lb

**Per Pallet:** 84

**Tier x Height:** 7 x 12

**Inside Pack:** 48 pieces per case

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## Bid Specification

Bake Crafters Muffins, WG, Blueberry, IW; must be whole grain rich and provide 2.0 ounce grain equivalents. Portion to provide at least 285 calories, with no more than 11 grams of fat. Must contain less than 300 milligrams of sodium. Acceptable brand: Bake Crafters 1314.

