

Muffin Mix
Ing # 90146

Nutrition Facts

Serving Size 1/4 cup (35g)
Servings Per Container 65

Amount Per Serving	
Calories	150
Calories from Fat	35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1g	5%
Trans Fat 1g	
Cholesterol 10mg	4%
Sodium 200mg	8%
Potassium 45mg	1%
Total Carbohydrate 26g	9%
Sugars 14g	
Protein 2g	

Calcium 4%	•	Iron 4%
Thiamin 8%	•	Riboflavin 4%
Niacin 4%	•	Folic Acid 6%

Not a significant source of dietary fiber, vitamin A, vitamin C.

*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
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

RECIPE VARIATIONS

Quick Bread: Prepare batter as directed on package. Scale 1 lb 8 oz of batter per 9 x 4 1/2 x 2 3/4 in. (inside measurements) greased loaf pan. Bake in a convection oven at 325°F for 32-35 minutes or a standard oven at 375°F for 38-41 minutes.

Blueberry Muffin: Follow Steps 1 through 3 of package directions for preparing Basic Muffin. Fold 4 3/4 cups (1 lb 4 oz) of drained blueberries using a rubber spatula. Follow recommended oven temperatures and bake times.

Oat Bran Muffin: Follow Steps 1 and 2 of package directions adding 4 3/4 cups (1 lb) of Oat Bran with Basic Muffin Mix. Mix using a rubber spatula until batter is smooth. (Do not overmix.) Follow recommended oven temperatures and bake times.

Cranberry Orange Muffin: Follow Steps 1 through 3 of package directions for preparing Basic Muffin. Fold in 5 cups (1 lb 9 oz) of chopped fresh (or frozen) cranberries and 1 1/2 cups (5 oz) of grated orange zest, using a rubber spatula. Follow recommended oven temperatures and bake times.

Muffin Stir-Ins: Follow package directions for preparing muffin mix, adding a total of 1-1 1/2 lbs of diced and drained fruit or 1-2 lb of any of the following combinations of ingredients in Step 4:

Diced and drained apples, apricots, pears, peaches, crushed and drained pineapple, blueberries, chopped bananas, raisins, chopped nuts, grated carrots. Bake as directed.

For more recipes, visit www.generalmillsfoodservice.com

INGREDIENTS: ENRICHED FLOUR BLEACHED (WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, PARTIALLY HYDROGENATED SOYBEAN AND COTTONSEED OIL, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE). CONTAINS 2% OR LESS OF THE FOLLOWING: WHEY, DEXTROSE, EGG YOLK WITH SODIUM SILICOALUMINATE, SODIUM CASEINATE, SALT, XANTHAN GUM, SOY LECITHIN, BUTTER (SWEET CREAM), NONFAT MILK, COLOR ADDED, ARTIFICIAL FLAVOR, SOY FLOUR.

CONTAINS WHEAT, MILK, EGG AND SOY INGREDIENTS.

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Gold Medal® Basic Muffin Mix

General Mills

YIELD

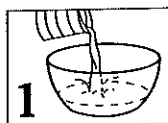
SCOOP SIZE	APPROX BATTER WEIGHT	FULL BATCH YIELD	HALF BATCH YIELD
No. 20	1.8 oz	65	32
No. 16	2.1 oz	63	31
No. 10	3.1 oz	36	18
No. 8	3.9 oz	29	14
No. 6	5.4 oz	21	10

INGREDIENTS

	FULL BATCH	HALF BATCH
Cool Water (approx 72°F)	 4 1/2 cups (2 lb 4 oz)	 2 1/4 cups (1 lb 2 oz)
Basic Muffin Mix	 full box (5 lb)	 8 1/2 cups (2 lb 8 oz)

MIXING DIRECTIONS

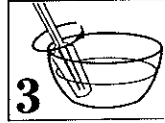
HAND MIXING



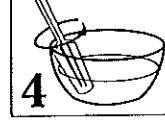
1 **POUR** total amount of water into mixing bowl.



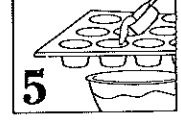
2 **ADD** total amount of mix.



3 **MIX** using a rubber spatula or wire whip until batter is smooth.



4 **FOLD** in desired ingredients. **DO NOT OVERMIX.**



5 **DEPOSIT** batter into paper lined or generously greased/sprayed muffin cups.

MACHINE MIXING

1) POUR total amount of water into mixer bowl.

2) ADD total amount of mix. Mix using a paddle attachment for 20 seconds. Stop mixer. Scrape bowl and paddle. Mix for an additional 20 seconds.

3) FOLD in desired ingredients on low speed for about 20 seconds. **DO NOT OVERMIX**

SCALING/PAN PREPARATION

Use the following pan size guide for scaling muffins. Deposit recommended batter weights into paper lined or generously greased/sprayed muffin cups. **Note: Grease both cups and pan surface when preparing 3 1/2 oz or larger sized muffins.**

#20 scoop

#10, #12 and #16 scoops

#6 and #8 scoops

Mini Muffin Pan - 2 1/16 x 1 5/8 x 1 1/8 in.

Standard Muffin Pan - 2 3/4 x 1 7/8 x 1 3/8 in.

Jumbo Muffin Pan - 3 5/8 x 2 1/2 x 1 13/16 in.

BAKING

OVEN
Convection*
375°F



#20 and #16

11-13 minutes



#10 and #8

13-15 minutes



#6

16-20 minutes

Standard
425°F



13-15 minutes



19-21 minutes



22-26 minutes

Doneness Test: Muffin is fully baked when center springs back when lightly touched. *Rotate muffins baked in a Convection Oven one-half turn (180°) after 5 minutes of baking.

HIGH ALTITUDE (2500 ft. and above)

Increase recommended water amount by 1/4 cup and add 3/4 cup all purpose flour with the mix. Bake times may increase 2-3 minutes.

ADVANCE PREPARATION

Muffin batter can be refrigerated or frozen for future use.

Refrigerated Batters: For best results use within 48 hours.

Frozen Bulk Batter: Thaw frozen bulk batter under refrigeration for 18-24 hours. Use within 48 hours.

Pre-scooped Frozen Muffin Batter: Remove batter from freezer and temper at room temp. for 30 min. prior to baking. Reduce oven temp. by 25°F. Stated bake times may increase 5-10 min.

*Note: Batters containing fresh or frozen acidic ingredients such as blueberries, cranberries, pineapple and citrus juices should not be frozen or refrigerated in advance due to leavening loss.

Pancakes, WB

KRUSTBAZ®

WHOLE GRAIN PANCAKES

INGREDIENTS: Whole Wheat Flour, Water, Whey, Buttermilk, Enriched Bleached Flour, (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Whole Egg, Dextrose, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate, Sodium Acid Pyrophosphate, Monocalcium Phosphate), Soybean oil, Salt, Soy Lecithin (an emulsifier).
CONTAINS: Milk, Wheat, Eggs and Soy

RALCORP FROZEN BAKERY PRODUCTS, DOWNERS GROVE, IL 60515

144 CT - 12/12 CT PACKS
NET WT. 12.71 lb
(5.77 kg)

106 86151
80349

pancake Grain Whl 4"

Printer Friendly

SUPC: 5690460

Nutrition Information

Serving Size: 2 piece(2.8 oz) (80 grams)

Amount Per Serving

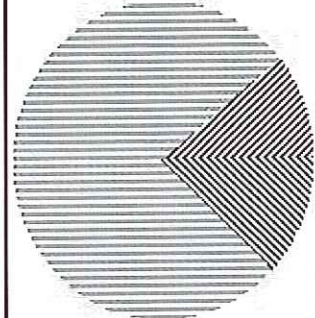
Calories: 160

Calories from Fat: 18

% Daily Value*

Total Fat:	2 GM	3%
Saturated Fat:	0 GM	0%
Cholesterol:	10 MG	3%
Sodium:	310 MG	13%
Potassium:	NA	NA
Total Carbohydrate:	30 GM	10%
Dietary Fiber:	3 GM	12%
Sugars:	6 GM	
Protein:	5 GM	
Vitamin A: 0%		Vitamin C: 0%
Calcium: 0%		Iron: 0%

Calorie Percentages



Ingredients:
INGREDIENTS: Whole Wheat Flour, Water, Whey, Buttermilk, Enriched Bleached Flour, (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Whole Egg, Dextrose, Leavening Sodium Bicarbonate, Sodium Aluminum Phosphate, Sodium Acid Pyrophosphate, Monocalcium Phosphate), Soybean oil, Salt, Artificial flavor, Soy Lecithin (an emulsifier), **CONTAINS: Milk, Wheat, Eggs and Soy**

PRO	12.66%
CHO	75.95%
FAT	11.39%

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2000	2500
Total Fat	Less Than	65g	81g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375mg
Sodium	Less Than	2400mg	3000mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	31g

Calories per gram:

Fat 9

Carbohydrate 4

Protein 4

Notes

1. The nutritional values indicated may not be complete based on limited information from product manufacturer.
2. This is a representation of the nutrition label. Because the data may change from time to time, this information may not always be identical to the nutrition label information on products sold.

Waffle Sticks

Waffle Stix

Printer Friendly

SUPC: 4714648

Nutrition Information

Serving Size: 3 PIECE (66 grams)

Amount Per Serving

Calories: 210

Calories from Fat: 90

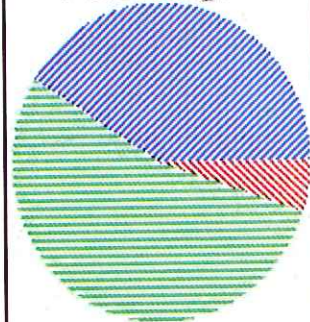
% Daily Value*

Total Fat:	10 GM	15%
Saturated Fat:	1.5 GM	7%
Trans Fat:	0 GM	
Cholesterol:	25 MG	8%
Sodium:	310 MG	13%
Potassium:	NA	NA
Total Carbohydrate:	30 GM	10%
Sugars:	9 GM	
Protein:	3 GM	

Vitamin A: 0% Vitamin C: 0%
Calcium: 0% Iron: 0%

Ingredients:
Enriched Bleached Flour [Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folate], Water, Eggs, Nonfat Milk, Sugar, Canola or Soybean Oil, Salt, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate, Monocalcium Phosphate), Nonfat Milk, Salt, Beta Carotene, Artificial Flavor.
Allergens: This product contains Milk, Egg, and Wheat.

Calorie Percentages



PRO - 5.41%
CHO - 54.05%
FAT - 40.54%

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2000	2500
Total Fat	Less Than	65g	81g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375mg
Sodium	Less Than	2400mg	3000mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	31g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4

Notes

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Waffles

ing # 900603

Recipe #9604

Nutrition Facts	
Serving Size 3 Pieces (119g)	
Servings Per Container 48	
Amount Per Serving	
Calories 270	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	15%
Sodium 570mg	24%
Total Carbohydrate 48g	14%
Dietary Fiber 2g	8%
Sugars 6g	
Protein 6g	
Vitamin 25%	Vitamin C 0%
Calcium 6%	Iron 15%

*Percent Daily Values are based on a diet of 2,000 calories a day. 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

INGREDIENTS: Enriched Bleached Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folate), Water, Wheat, Soybean or Canola Oil, Sugar, Contains 2% or less of the following: Leavening (Sodium Acid Pyrophosphate, Sodium Aluminum Phosphate, Sodium Bicarbonate, Monocalcium Phosphate, Salt, Soy Lecithin (an emulsifier), Beta Carotene, Palmitate (Vitamin A), Niacin, Vitamin B12, Pyridoxin (Vitamin B6), Riboflavin, Thiamin Hydrochloride, Reduced Iron, Folate.

CONTAINS: Milk, Wheat, and Soybeans.

HEATING DIRECTIONS

TOASTER: Insert **FROZEN** waffle(s) into preheated toaster. Heat setting for one cycle.

Note: An additional heating cycle may be required for some toasters.

CONVENTIONAL OVEN: Arrange **FROZEN** waffles in a single layer in a pan. Bake, uncovered in a 400° F oven for 8-10 minutes.

CONVECTION OVEN: Arrange **FROZEN** waffles in a single layer in a pan. Using low fan speed, bake uncovered in a 350° F oven for 4-6 minutes.