



CONTINENTAL MIL

206034 - Mix Muffin Basic 744 2140

Dry mix is easy to make, convenient and requires no refrigeration.



* Benefits

Nutrition Facts

Servings per Container 162
Serving size 2/3cupdrymix (84Grams)

Amount per serving
Calories 340

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1.5g	7%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 600mg	26%
Total Carbohydrate 63g	22%
Dietary Fiber 1g	3%
Total Sugars 23g	
Includes 23g Added Sugars	46%
Protein 4g	
Vitamin D 0µg	0%
Calcium 30mg	2%
Iron 2.3mg	12%
Potassium 60mg	1%

* 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.

Ingredients

Enriched bleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, soybean oil, dextrose, Less than 2% of: baking soda, mono-diglycerides, monocalcium phosphate, natural and artificial flavor (contains milk derivatives), salt, sodium acid pyrophosphate, sodium aluminum phosphate.

Allergens

Contains:



May Contain:



Handling Suggestions

This mix should perform for its intended use for 18 months in cool dry storage. Hot, humid storage may reduce shelf life. Each shipment will be properly controlled and handled to prevent adulteration as defined in the Food, Drug and Cosmetic Act (section 402).

Serving Suggestions

Yield: Makes approximately 4 1/2 dozen muffins.

Prep & Cooking Suggestions

DIRECTIONS
5 LB (full pouch) Mix 40 OZ (5 cups) Water

Place total amount of water in mixer bowl; add total amount of mix. Using a paddle, mix on low speed 15 seconds. Scrape bowl. Continue to mix on low speed 15 seconds. Scale batter into well-greased or paper-lined muffin pans.

Bake: Convection Oven Standard Oven
350° F 12-15 min. 400° F 16-18 min.

Product Specifications

Brand	Manufacturer	Product Category
CONTINENTAL MIL	Continental Mills, Inc.	Grocery

MFG #	SPC #	GTIN	Pack	Pack Desc.
744-2140	206034	10041449120161		6 x 5 LB / CS

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

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.94in	11.66in	9.1in	0.98FT3	10x6	546DAYS	32°f / 95°f



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Nutrition Analysis

Calories	340kcal	Total Fat	8g	Sodium	600mg
Protein	4g	Trans Fats	0g	Calcium	30mg
Total Carbohydrates...	63g	Saturated Fat	1.5g	Iron	2.3mg
Sugars	23g	Added Sugars	23g	Potassium	60mg
Dietary Fiber	1g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)		Vitamin D	0µg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

