

# BANANA MUFFIN (WGR)-MERCH



WHOLE GRAINS

**MEAL COMPONENT CONTRIBUTION:**

1 oz. eq. whole grain

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1 muffin

**RECIPE HACCP PROCESS:** #1 - No cook

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Muffin, Banana WGR, #1211	100 muffins

**DIRECTIONS**

1. Thaw the muffins according to directions on package and/or case. If desired, the product can be warmed from the thawed state in the warmer set at 150 -175 degrees F for 2 minutes at a time until the desired temperature is reached. Times may vary based on equipment. Do not refreeze.
2. Place the muffins on the line for service.
3. Portion 1 Banana Muffin per serving. Each portion provides 1 oz. eq. whole grain.

**NUTRIENTS PER SERVING**

Calories	160	Dietary Fiber	1.00 g	Sodium	100.00 mg	Sat. Fat	0.50 g
Carbohydrates	28.00 g	Protein	3.00 g	Total Fat	4.00 g	Trans Fat	0.00 g