

30-10-30 Cupcake (Chocolate)

CODE #: 9486

UPC ITEM #: 0 91464 94860 1

Nutrition Facts

Serving Size 1.5 oz (43g)
Servings Per Container 1

Amount Per Serving

Calories 120 Calories from Fat 35

	% Daily Value*
Total Fat 3.5g	6%
Saturated Fat 1g	6%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1.5g	
Cholesterol 15mg	4%
Sodium 180mg	8%
Total Carbohydrate 26g	9%
Dietary Fiber 5g	19%
Sugars 7g	
Protein 2g	

Vitamin A 0% • Vitamin C 0%
Calcium 10% • Iron 6%

* Percent Daily Values (DV) are based on a 2,000 calorie diet.

Product Contribution

1/4 Bread

Grams of Enriched Flour: 6.83g

INGREDIENTS

WHEY (MILK), ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MALTITOL, SUGAR, POLYDEXTROSE, EGGS, WATER, COCOA (NATURAL AND PROCESSED WITH ALKALI), NONFAT MILK, CONTAINS 2% OR LESS OF THE FOLLOWING: SOYBEAN OIL, GLYCERINE, PALM OIL, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), CORN SYRUP, SALT, CITRUS FIBER, DEXTROSE, SOY FLOUR, CALCIUM CARBONATE, CHOCOLATE LIQUOR, CALCIUM SULFATE, CORNSTARCH, SOY LECITHIN, MONOGLYCERIDES, AGAR, SORBITAN MONOSTEARATE, GUAR GUM, POLYSORBATE 60, ARTIFICIAL FLAVOR, SUCRALOSE (NON-NUTRITIVE SWEETENER), SODIUM HEXAMETAPHOSPHATE, POTASSIUM SORBATE, SORBIC ACID AND SODIUM PROPIONATE (TO RETARD SPOILAGE)

CONTAINS: WHEAT, SOY, EGG AND MILK.

Additional Product Info

Goodyman 30-10-30 (Chocolate) code/9486- 72 - 1.5 oz.
Frozen, I.W. printed film, no sprinkles. Thaw & Serve cupcake. Must conform to USDA Child Nutrition Program specifications and meet 1/4 serving of bread/bread alternate. *Must meet 30% or less calories from fat, 10% or less calories from sat fat, and 30% or less sugar by weight.* Must supply 5g fiber, 7g sugar. Student preferred brand Super Bakery's Goodyman product #9486. Made in the USA, Peanut Free Product*. Product analysis required. **U D**

*manufactured on shared equipment that also processes products containing walnuts and coconut.

Shelf Life

Frozen: 9-12 months
After Thawed: 16 days

cs/cr 72 (12 iw cc per tray - 6 trays per case)
case dimensions 14.75" L x 10.875" W x 10.625" H
case cube 0.986
case weight 8.55 lbs.
cases per pallet 88
TI/Hi 11 x 8



1-800-722-6841

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