

# 30-10-30 Cupcake (White)

CODE #: 9487

UPC ITEM #: 0 91464 94870 0

## Nutrition Facts

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

### Amount Per Serving

**Calories** 120    **Calories from Fat** 30

	% Daily Value*
<b>Total Fat</b> 3.5g	<b>5%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1g	
<b>Cholesterol</b> 15mg	<b>6%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 7g	
<b>Protein</b> 2g	

Vitamin A 0%    •    Vitamin C 0%  
Calcium 10%    •    Iron 2%

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

## Product Contribution

**1/2 Bread**

**Grams of Enriched Flour: 8.45g**

## INGREDIENTS

ENRICHED UNBLEACHED AND BLEACHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHEY (MILK), MALTITOL, SUGAR, POLYDEXTROSE, EGGS, NONFAT MILK, EGG WHITES, PALM OIL, CONTAINS 2% OR LESS OF THE FOLLOWING: GLYCERINE, SOYBEAN OIL, WATER, SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), DEXTROSE, CITRUS FIBER, CALCIUM CARBONATE, SOY FLOUR, CORN SYRUP, CALCIUM SULFATE, CORNSTARCH, MONO-AND DIGLYCERIDES, SOY LECITHIN, AGAR, SORBITAN, MONOSTEARATE, TITANIUM DIOXIDE (COLOR), POLYSORBATE 60, ARTIFICIAL FLAVOR, GUAR GUM, ACESULFAME POTASSIUM, SODIUM HEXAMETHAPHOSPHATE, SUCRALOSE (NON-NUTRITIVE SWEETENER), POTASSIUM SORBATE, SORBIC ACID AND SODIUM PROPIONATE (TO RETARD SPOILAGE)

CONTAINS: WHEAT, SOY, MILK & EGGS.

## Additional Product Info

**Goodyman 30-10-30 (White) code/9487- 72 - 1.5 oz.**

Frozen, I.W. printed film, no sprinkles. Thaw & Serve cupcake. Must conform to USDA Child Nutrition Program specifications and meet 1/2 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 4g fiber, 7g sugar. Student preferred brand Super Bakery's Goodyman product #9487. Made in the USA, Peanut Free Product\*. Product analysis required. ®D

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

## Shelf Life

**Frozen: 9-12 months**  
**After Thawed: 16 days**

cs/ct	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
TIH	11 x 8



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