

# Dave's Baking Company

## NUTRITION & ANALYSIS SHEET

**PRODUCT NAME:** Corn Muffin  
**PRODUCT CODE:** 8263  
**PORTION SIZE:** 3.0 oz. 86 gm  
**PACKED:** 60  
**CASE NET WEIGHT:** 11.25 lbs  
**CASE DIMENSIONS:** 16"x12"x7"  
**PALLETIZING:** 10 tie X 10 hi  
**MEAL CONTRIBUTION:**  
**EACH CORN MUFFIN PROVIDES:** minimum of 30.62 gm of enriched flour, 2 servings of bread.

### INGREDIENTS:

Enriched flour (contains niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), cornmeal, water, sugar, vegetable oil, eggs, nonfat milk, baking powder, salt.

### (Manufactured in a Peanut Free Plant)

I certify that the above information is accurate at present on this date.

**Name:** David Aframian

**Title:** Vice President

**Signature:**

**Date:** January 2011



### Nutritional Analysis

Per Serving

#### Basic Components

**Calories** 250

**Protein** 3.5 g

**Carbohydrates** 43 g

**Dietary Fiber** 1.0 g

**Sugar – Total** 19 g

**Fat – Total** 7.0 g

**Saturated Fat** 0.9 g

**Trans Fat** 0 g

**Cholesterol** 32 mg

**Vitamin A IU** 180 IU

**Vitamin C** 0.1 mg

**Calcium** 130 mg

**Iron** 1.0 mg

**Sodium** 160 mg

**Niacin** 1.8 mg

**Thiamin** 0.18 mg

**Riboflavin** 0.1 mg

**Calories from Fat** 63