CLOSE UPs

Golden Choice Low Sugar Muffin and Pancake Mix

Versatile and delicious, Golden Choice Low Sugar Muffin and Pancake Mix makes preparing daily hot breakfasts a snap. Different directions gives you the ability to make two classic breakfast items, all with the same mix!

Flavors:

Basic

Blueberry

Apple Cinnamon

Muffin Variety Pack #1

- 2 Basic
- 2 Blueberry
- 2 Apple

Offer Variety on the Menu!

Our Golden Choice Low Sugar Muffin and Pancake mix enables you to make your residents favorite breakfast-time treats any time.

Handle Restricted Diets with Ease

Our Low Sugar mix help to provide your special-needs residents the breakfast choices they are looking for, bettering the chances they will consume their nutritional intake requirements that day. ***What's more, each serving contributes an additional 5 grams of fiber to their diet!***

Great on Buffet Lines!

Our diverse array of flavors and low-yield packaging gives you the ability to make a number of treats in quantities that won't overload your staff or your buffet.

454 COUNTRY CLUB DRIVE
GOLDEN CHOICE FOODS
BENSENVILLE IL 60106
800.323.0233

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Golden Choice Low Sugar Muffin and Pancake Mix

Product Detail

Case Size: 6 / 20 oz bags | Serv per Container: 21 | Serv per Case: 126

Basic Recipe—MUFFINS

1 bag	Golden Choice Muffin/Pancake Mix
3 oz	Oil
2	Eggs
6 oz	Water

1) Combine contents of Muffin Mix and 1/2 the water (3 oz) into mixing bowl.

2) Mix at medium speed for 1-3 minutes.

3) Scoop 1.5 oz of mix into each muffin tin and bake at 375º for 12-15 minutes.

   If using a convection oven, bake at 325º for 10-12 minutes or until done.

Basic Recipe—PANCAKES

1 bag	Golden Choice Muffin/Pancake Mix
3 oz	Oil
3	Eggs
1 3/4	Cups Milk

1) Combine all ingredients until well blended.

2) Pour 1 oz batter on skillet over medium heat or electric griddle warmed to 300º.

3) Cook about 3 minutes per side or until golden brown.

Nutrition Facts

	as Packaged		Muffins as Prepared with Canola Oil		Pancakes as Prepared with Canola Oil & Skim Milk	
Serving Size 1 muffin/pancake	(27g)		(44g)		(59g)	
Servings Per Container 21						
Amount Per Serving						
Calories	90		130		140	
Calories from Fat	10		50		50	
		% Daily Value*		% Daily Value*		% Daily Value*
Total Fat	1g	2%	5g	8%	6g	9%
Saturated Fat	0g	0%	0.5g	3%	0.5g	3%
Trans Fat	0g		0g		0g	
Cholesterol	0mg	0%	20mg	7%	30mg	10%
Sodium	240mg	10%	240mg	10%	250mg	10%
Total Carbohydrate	20g	7%	20g	7%	21g	7%
Dietary Fiber	5g	20%	5g	20%	5g	20%
Sugars	1g		1g		2g	
Protein	3g		4g		5g	
Vitamin A	0%		0%		2%	
Vitamin C	0%		0%		0%	
Calcium	6%		6%		8%	
Iron	4%		4%		4%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients

Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, and folic acid), Polydextrose, Apple Bits (in Apple Cinnamon), Blueberry Flav-r-bites (sugar, wheat flour, soybean oil, wheat starch, dextrose, citric acid, natural and artificial flavors, dried blueberries, red #40 and Blue #2) in Blueberry, Milk Powder, Dried Egg White, Baking Powder, Powdered Shortening (soybean oil, corn syrup solids, sodium caseinate and mono & diglycerides), Salt, Food Starch-Modifed, Natural & Artificial Flavors, Maltodextrin, Sucralose.
MADE IN A FACILITY THAT ALSO PROCESSES EGGS, MILK, WHEAT AND SOY.

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