



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.





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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 375° for 12-15 minutes.

If using a convection oven, bake at 325° 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 300°.
- 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 |
| *Percent Daily Values are based on a diet of other people's secrets. | | | |
| | Calories: 2,000 2,500 | | |
| Total Fat | Less than 65g | 85g | |
| 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 | | | |
| Vitamin A | 0% | 0% | 2% |
| Vitamin C | 0% | 0% | 0% |
| Calcium | 6% | 6% | 8% |
| Iron | 4% | 4% | 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-Modified, Natural & Artificial Flavors, Maltodextrin, Sucralose.
MADE IN A FACILITY THAT ALSO PROCESSES EGGS, MILK, WHEAT AND SOY.