

Honey Cornbread Muffin Mix

Nutrition Facts

Serving Size: 1/4 Cup (49g) Dry
Servings Per Container: 36

Amount Per Serving

Calories 180 **Calories from Fat 10**

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 30mg **10%**

Sodium 400mg **17%**

Total Carbohydrate 38g **13%**

Dietary Fiber 1g **4%**

Sugars 15g

Protein 4g

Vitamin A 4% • **Vitamin C 0%**

Calcium 4% • **Iron 8%**

*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	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

DIRECTIONS:

Cold water 1 1/2 cups

Muffin mix 3 cups

Yield 1 dozen muffins

1. Mix with electric mixer 30 seconds on low speed then 1 1/2 minutes on medium speed.
2. Grease bottom of muffin tins only.
3. Fill tins 2/3 full.
4. Bake 375°F for 22 to 25 minutes.

INGREDIENTS: Bleached enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid, enzyme), sugar, cornmeal, nonfat dry milk, dried eggs (pasteurized whole eggs, less than 2 percent sodium silicoaluminatate as an anticaking agent), baking soda, noniodized salt, honey powder (refinery syrup, honey), xanthan gum, natural and artificial butter and vanilla flavor (dextrose, corn starch, less than 0.1% turmeric, apo carotenal, alcohol, and natural mixed tocopherols), baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), soybean oil.

CONTAINS ALLERGENS: Egg, milk and wheat.