



**AA MUFFIN, MINI BANANA**

**Nutrition Facts**

Serving Size: EACH  
Serving per Container: 1

Amount Per Serving  
Calories: 190 Calories from Fat 54

	% Daily Value <sup>2</sup>
<b>Total Fat 6.0g</b>	9%
Saturated Fat 2.0g	10%
Trans Fat <sup>1</sup> 0.0g	
<b>Cholesterol 40mg</b>	13%
<b>Sodium 130mg</b>	5%
<b>Total Carbohydrate 30.0g</b>	10%
Dietary Fiber 2.0g	8%
Sugars 17.0g	
<b>Protein 3.0g</b>	6%

Vitamin A \*N/A\*% Vitamin C \*N/A\*%  
Calcium 3% Iron 5%



<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

<sup>2</sup> - Percent Daily Values are based on a 2,000 calorie diet.

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient.

**Allergens**

Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
NO	YES	NO	NO	NO	NO	YES	YES

YES = Present NO = Absent ? = Undefined

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.



## FINISHED FOOD SPECIFICATION SHEET

<b>Document:</b>	21.03.08	<b>Item Number:</b>	10144
<b>Effective Date:</b> 2020-04-20	<b>Program:</b> 21.0 Specification Program	<b>Market:</b>	USA
<b>Supersedes Date:</b> 2019-08-20	<b>Location:</b> Corporate	<b>Country of Origin:</b>	USA
<b>Date Validated:</b> 2020-04-20	Controlled Copy		

**Food Name:** Naturally Flavored Banana Muffin(s) Made With Whole Grain

**Finished Foods:** Naturally Flavored Banana Muffin(s) Made With Whole Grain

**Brand / Customer:** Otis Spunkmeyer **Sub Brand:** Delicious Essentials



**Food Item Description**

A fully baked 2 oz cake-like banana muffin that is ready to thaw and serve. Delicious Essentials Muffins come in popular flavors that are individually wrapped. They are made to meet whole grain rich school requirements without sacrificing taste.

\* Image provided for reference only. Actual item size and dimensions may be different.

Individual Food Specification			
Net Weight of Individual Packaged Unit:			
2 oz	57 g		
Raw Piece Weight	Prepared Piece Weight		
N/A oz	2 oz		
Baked Item Dimensions			
	Minimum	Target	Maximum
<b>Length (")</b>	N/A	N/A	N/A
<b>Width (")</b>	N/A	N/A	N/A
<b>Height (")</b>	2.2	2.35	2.5
<b>Circumference (")</b>	N/A	N/A	N/A
<b>Diameter (")</b>	2.3	2.4	2.5
<b>Weight (oz)</b>	1.9	2	2.1



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### ALLERGENS AND SENSITIVE INGREDIENTS

<b>Barley:</b>	Contains
<b>Eggs :</b>	Contains
<b>Gluten :</b>	Contains
<b>Allergens Gluten Explained :</b>	Barley, Wheat
<b>Soy :</b>	Contains
<b>Wheat :</b>	Contains



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### INGREDIENT STATEMENT

**INGREDIENTS:** WHOLE WHEAT FLOUR, SUGAR, EGGS, WATER, BANANAS, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), INVERT SUGAR, SOYBEAN OIL, CONTAINS 2% OR LESS OF: FRACTIONATED INTERESTERIFIED PALM OIL, CANOLA OIL, OAT FIBER, PROPYLENE GLYCOL MONO- AND DIESTERS OF FATS AND FATTY ACIDS, WHEAT GLUTEN, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE), MONO- AND DIGLYCERIDES, MODIFIED CORN STARCH, POTASSIUM SORBATE (PRESERVATIVE), SODIUM ALGINATE, SALT, NATURAL BANANA FLAVOR, SOY LECITHIN, SODIUM STEAROYL LACTYLATE, ENZYMES.

**CONTAINS:** EGGS, SOY, WHEAT.



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## NUTRITION VALUES

Per 100g (unrounded):  BAKED  UNBAKED  N/A

Nutrients	Per Serving	Per 100g	Nutrients	Per Serving	Per 100g
Gram Weight (g)	56.699	100.000	Total Sugars (g)	16.604	29.285
Calories (kcal)	186.683	329.252	Added Sugar (g)	15.493	27.324
Calories from Fat (kcal)	54.306	95.779	Protein (g)	3.282	5.789
Calories from SatFat (kcal)	16.623	29.318	Vitamin D - mcg (mcg)	0.083	0.147
Fat (g)	6.034	10.642	Vitamin D - IU (IU)	3.371	5.946
Saturated Fat (g)	1.847	3.258	Calcium (mg)	31.161	54.959
Trans Fatty Acid (g)	0.051	0.090	Iron (mg)	0.880	1.553
Poly Fat (g)	1.532	2.701	Potassium (mg)	121.933	215.053
Mono Fat (g)	2.046	3.609	Vitamin A - IU (IU)	46.788	82.521
Cholesterol (mg)	38.024	67.063	Vitamin A - RAE (mcg)	7.816	13.785
Sodium (mg)	129.197	227.864	Vitamin C (mg)	2.076	3.661
Carbohydrates (g)	30.175	53.220	Water (g)	15.808	27.881
Dietary Fiber (2016) (g)	2.321	4.093	Ash (g)	0.960	1.694

**Per Serving (Unrounded values):**  
 %Total Calories from Fat 29.09%  
 %Total Calories from Saturated Fat 8.90%  
 %Total Sugar by Weight 29.28%

**Per Serving (Rounded Nutrition Facts panel values):**  
 %Total Calories from Fat 28.42%  
 %Total Calories from Saturated Fat 7.89%  
 %Total Sugar by Weight 29.82%

Retail panel:  BAKED  UNBAKED  N/A

IW: Case:

Nutrition Facts	
<b>Serving size</b>	1 muffin (57g)
<b>Amount per serving</b>	
<b>Calories</b>	<b>190</b>
Calories from Saturated Fat	15
	% Daily Value*
<b>Total Fat</b> 6g	8%
Saturated Fat 2g	9%
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 2g	
Cholesterol 40mg	13%
Sodium 130mg	6%
<b>Total Carbohydrate</b> 30g	11%
Dietary Fiber 2g	8%
Total Sugars 17g	
Includes 15g Added Sugars	31%
<b>Protein</b> 3g	
Vitamin D 0.1mcg	0%
Calcium 30mg	2%
Iron 0.9mg	4%
Potassium 120mg	2%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutrition Facts	
72 servings per container	
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<b>Amount per serving</b>	
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Calories from Saturated Fat	15
	% Daily Value*
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Saturated Fat 2g	9%
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Nutrition Facts			
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<b>Total Fat</b> 6g	6g	8%	<b>Sodium</b> 130mg
Saturated Fat 2g	2g	9%	<b>Total Carbohydrate</b> 30g
Trans Fat 0g	0g		Dietary Fiber 2g
Polyunsaturated Fat 1.5g	1.5g		Total Sugars 17g
Monounsaturated Fat 2g	2g		Includes 15g Added Sugars
Cholesterol 40mg	40mg	13%	<b>Protein</b> 3g
Vitamin D 0.1mcg 0% • Calcium 30mg 2% • Iron 0.9mg 4% • Potassium 120mg 2%			

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Above tabular/horizontal format may only be used if there are less than 40 square inches of total available labeling space or if there are less than 3 inches of available vertical labeling space.