



AA MUFFIN, MINI BLUEBERRY

Nutrition Facts

Serving Size: EACH
Serving per Container: 1

Amount Per Serving
Calories: 190 Calories from Fat 54

	% Daily Value ²
Total Fat 6.0g	9%
Saturated Fat 2.0g	10%
Trans Fat ¹ 0.0g	
Cholesterol 30mg	10%
Sodium 130mg	5%
Total Carbohydrate 30.0g	10%
Dietary Fiber 2.0g	8%
Sugars 16.0g	
Protein 3.0g	6%

Vitamin A 0% Vitamin C 0%
Calcium 3% Iron 5%

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

² - 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 EK February 27, 2023

Document:	21.03.08	Item Number:	10143
Effective Date: 2022-04-20	Program: 21.0 Specification Program	Market:	USA
Supersedes Date: 2019-08-20	Location: Corporate	Country of Origin:	USA
Date Validated: 2022-04-20	Controlled Copy		

Food Name: Naturally Flavored Wild Blueberry Muffin made with Whole Grain with Other Natural Flavor

Finished Foods: Naturally Flavored Wild Blueberry Muffin made with Whole Grain with Other Natural Flavor

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

Food Item Description

Delicious Essentials Thaw and Serve Wild Blueberry Muffin made with Whole Grain. Available in a 2oz and a 4oz size. They are made to meet strict school nutritional guidelines 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
Length (")	N/A	N/A	N/A
Width (")	N/A	N/A	N/A
Height (")	2.1	2.3	2.5
Circumference (")	N/A	N/A	N/A
Diameter (")	2.4	2.65	2.9
Weight (oz)	1.9	2	2.1



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ALLERGENS AND SENSITIVE INGREDIENTS

Barley:	Contains
Eggs :	Contains
Gluten :	Contains
Allergens Gluten Explained :	Wheat
Soy :	Contains
Wheat :	Contains
Wheat Gluten (Canada) :	Contains



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INGREDIENT STATEMENT

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

CONTAINS: EGGS, SOY, WHEAT.



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NUTRITION VALUES

Nutrients	Per Serving	Per 100g	Nutrients	Per Serving	Per 100g	Nutrients	Per Serving	Per 100g
Gram Weight (g)	--	--	Cholesterol (mg)	32.041	56.510	Calcium (mg)	31.578	55.693
Calories (kcal)	188.386	332.257	Sodium (mg)	128.717	227.019	Iron (mg)	0.920	1.622
Calories from Fat (kcal)	52.648	92.854	Carbohydrates (g)	29.500	52.029	Potassium (mg)	87.170	153.742
Calories from SatFat (kcal)	17.144	30.236	Dietary Fiber (2016) (g)	2.490	4.392	Vitamin A - IU (IU)	49.475	87.259
Fat (g)	5.850	10.317	Total Sugars (g)	16.305	28.756	Vitamin A - RAE (mcg)	--	--
Saturated Fat (g)	1.905	3.360	Added Sugar (g)	15.845	27.946	Vitamin C (mg)	0	0
Trans Fatty Acid (g)	0.058	0.102	Protein (g)	3.009	5.307	Water (g)	14.561	25.682
Poly Fat (g)	1.565	2.760	Vitamin D - mcg (mcg)	0	0	Ash (g)	0.808	1.425
Mono Fat (g)	2.218	3.912	Vitamin D - IU (IU)	0	0			

Retail panel (per serving): BAKED
Per 1W:

Nutrition Facts	
Serving size	1 muffin (57g)
Amount per serving	
Calories	190
Calories from Saturated Fat	15
	% Daily Value*
Total Fat 6g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 2g	
Cholesterol 30mg	10%
Sodium 130mg	6%
Total Carbohydrate 30g	11%
Dietary Fiber 2g	7%
Total Sugars 16g	
Includes 16g Added Sugars	32%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.9mg	6%
Potassium 90mg	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.

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 6g	8%	Sodium 130mg	6%
Saturated Fat 2g	10%	Total Carbohydrate 30g	11%
Trans Fat 0g		Dietary Fiber 2g	7%
Polyunsaturated Fat 1.5g		Total Sugars 16g	
Monounsaturated Fat 2g		Includes 16g Added Sugars	32%
Cholesterol 30mg	10%	Protein 3g	
Vitamin D 0mcg 0% • Calcium 30mg 2% • Iron 0.9mg 6% • Potassium 90mg 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.

If the package has insufficient continuous vertical space (i.e., about 3 inches) to accommodate the Standard Nutrition Facts panel format, the nutrition label may be presented in a tabular (i.e., horizontal) display above. 21 CFR 101.9(d)(11)