



**AA MUFFIN, MINI CHOC CHOC CHIP**

**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 35mg</b>	12%
<b>Sodium 130mg</b>	5%
<b>Total Carbohydrate 33.0g</b>	11%
Dietary Fiber 2.0g	8%
Sugars 17.0g	
<b>Protein 3.0g</b>	6%

Vitamin A *N/A*%	Vitamin C *N/A*%
Calcium 4%	Iron 8%



<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
YES	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

<b>Document:</b>	21.03.08	<b>Item Number:</b>	10145
<b>Effective Date:</b> 2022-04-20	<b>Program:</b> 21.0 Specification Program	<b>Market:</b>	USA
<b>Supersedes Date:</b> 2019-08-23	<b>Location:</b> Corporate	<b>Country of Origin:</b>	USA
<b>Date Validated:</b> 2022-04-20	Controlled Copy		

<b>Food Name:</b>	Naturally and Artificially Flavored Chocolate Chocolate Chip Muffin made with Whole Grain		
<b>Finished Foods:</b>	Naturally and Artificially Flavored Chocolate Chocolate Chip Muffin made with Whole Grain		
<b>Brand / Customer:</b>	Otis Spunkmeyer	<b>Sub Brand:</b>	Delicious Essentials

Food Item Description
<p>Delicious Essentials Thaw and Serve Chocolate Chocolate Chip 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.</p>



\* 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>	2.1	2.25	2.4
<b>Circumference (")</b>	N/A	N/A	N/A
<b>Diameter (")</b>	2.2	2.35	2.5
<b>Weight (oz)</b>	1.9	2	2.1

Prepared By: Emily Kerwick, Regulatory Analyst



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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>	Wheat, Barley
<b>Milk :</b>	Contains
<b>Soy :</b>	Contains
<b>Sulphites :</b>	Contains
<b>Wheat :</b>	Contains
<b>Wheat Gluten (Canada) :</b>	Contains



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### INGREDIENT STATEMENT

INGREDIENTS: WHOLE WHEAT FLOUR, SUGAR, EGGS, WATER, INVERT SUGAR, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SEMI - SWEET CHOCOLATE CHIPS (SUGAR, UNSWEETENED CHOCOLATE, DEXTROSE, COCOA BUTTER, SOY LECITHIN, NATURAL FLAVOR, MILK), CONTAINS 2% OR LESS OF: COCOA (PROCESSED WITH ALKALI), SOYBEAN OIL, PALM OIL, CANOLA OIL, CARAMEL COLOR (CONTAINS SULFITES), PROPYLENE GLYCOL ESTERS OF FATTY ACIDS, MONO- AND DIGLYCERIDES, OAT FIBER, WHEAT GLUTEN, POTASSIUM SORBATE (PRESERVATIVE), NATURAL AND ARTIFICIAL CHOCOLATE FLAVOR, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE), MODIFIED CORN STARCH, SALT, SODIUM ALGINATE, NATURAL AND ARTIFICIAL FLAVOR, SOY LECITHIN, ENZYMES.

CONTAINS: EGGS, MILK, 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)	56.699	100.000	Cholesterol (mg)	34.851	61.466	Calcium (mg)	40.806	71.969
Calories (kcal)	190.173	335.407	Sodium (mg)	129.590	228.557	Iron (mg)	1.478	2.606
Calories from Fat (kcal)	52.245	92.145	Carbohydrates (g)	33.201	58.557	Potassium (mg)	136.852	241.365
Calories from SatFat (kcal)	17.527	30.912	Dietary Fiber (2016) (g)	1.911	3.370	Vitamin A - IU (IU)	51.255	90.398
Fat (g)	5.805	10.238	Total Sugars (g)	17.450	30.777	Vitamin A - RAE (mcg)	13.441	23.705
Saturated Fat (g)	1.947	3.435	Added Sugar (g)	17.314	30.537	Vitamin C (mg)	0	0
Trans Fatty Acid (g)	0.048	0.085	Protein (g)	3.473	6.126	Water (g)	13.852	24.430
Poly Fat (g)	1.414	2.493	Vitamin D - mcg (mcg)	0	0	Ash (g)	0.823	1.452
Mono Fat (g)	2.256	3.979	Vitamin D - IU (IU)	0	0			

Retail panel (per serving):  BAKED  
Per IW:

Nutrition Facts	
<b>Serving size</b>	1 muffin (57g)
<b>Amount per serving</b>	
<b>Calories</b>	<b>190</b>
Calories from Saturated Fat	20
	<b>% Daily Value*</b>
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 2.5g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 130mg	<b>6%</b>
<b>Total Carbohydrate</b> 33g	<b>12%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 17g	
Includes 17g Added Sugars	<b>34%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	<b>0%</b>
Calcium 40mg	<b>4%</b>
Iron 1.5mg	<b>8%</b>
Potassium 140mg	<b>2%</b>

\*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			
	Amount/serving	% Daily Value*	
<b>Total Fat</b> 6g		<b>8%</b>	<b>Sodium</b> 130mg <b>6%</b>
Serving size	1 muffin (57g)		<b>Saturated Fat</b> 2g <b>10%</b>
<b>Calories</b> per serving	<b>190</b>		<b>Trans Fat</b> 0g <b>7%</b>
			<b>Polyunsaturated Fat</b> 1.5g <b>7%</b>
			<b>Monounsaturated Fat</b> 2.5g <b>34%</b>
			<b>Total Sugars</b> 17g <b>34%</b>
			<b>Includes 17g Added Sugars</b>
			<b>Cholesterol</b> 35mg <b>12%</b>
			<b>Protein</b> 3g
			<b>Vitamin D</b> 0mcg 0% • <b>Calcium</b> 40mg 4% • <b>Iron</b> 1.5mg 8% • <b>Potassium</b> 140mg 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)