

Date: 7/2/2012
Time: 12:19 PM



Muffins, Cheese

Hesston College

Author

Categories Bread, rolls, Dessert, cake

Tools Muffin tin, Sheet pan 18x26", Tongs large metal

Locations

Plate/Store

Yield 120 ea

Cook 18 minutes

Portion 2 oz

Num Portions 120

Nutrition Facts	
Serving Size 2 oz (57g)	
Servings Per Container 120	
Amount Per Serving	
Calories 185 Calories From Fat 93	
	% Daily Value
Total Fat 10g	16%
Saturated Fat 4g	19%
Trans Fat 0g	
Cholesterol 39mg	13%
Sodium 174mg	7%
Total Carbohydrates 18g	6%
Dietary Fiber 0g	1%
Protein 5g	
Vitamin A 8%	Vitamin C 0%
Calcium 14%	Iron 4%
* Percent Daily Values are based on a 2000 calorie diet.	

Nutrition Descriptors

Good Source of Calcium
Good Source of Protein