



Otis Spunkmeyer, Inc.,
14490 Catalina Street,
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Date last updated: 06 October 2014

Delicious Essentials™ - Nutritionally Specific

Delicious Essentials Chocolate Chocolate Chip Muffins

Item Code: 10145

Item Size: 2oz - IW - 72
Muffins/No Tray

Case Pack: 72

Net Case Weight: 9lb



Dense and chocolatey, it's no wonder this indulgent treat is an all-time favorite! Individually wrapped for to-go convenience.

Made with whole grain

WHOLE GRAIN DECLARATION: 9g or more per serving

Creditable Grain Ounce Equivalent: 1

Delicious essentials thaw and serve muffins come in four popular flavors that are individually wrapped with a 14 day shelf life when kept at room temperature. Available in a 2 oz and a 4 oz size, they are made to meet strict school nutritional standards without sacrificing taste.



Shelf Life

365 days (unopened) from the date of production when stored at or below 0° F (-18° C).

14 days (wrapped) when thawed at room temperature.

Defrosting / Handling Tips

Thaw in original packaging.

Nutrition Facts	
Serving Size 1 muffin (57g)	
Amount Per Serving	
Calories 190	Calories from Fat 50
Calories from Saturated Fat 15	
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 2g	
Cholesterol 45mg	15%
Sodium 130mg	5%
Total Carbohydrate 32g	11%
Dietary Fiber 2g	8%
Sugars 17g	
Protein 4g	
Vitamin A 2%	• 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

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

CONTAINS: WHEAT, EGGS, SOY, MILK

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