



None of the Rest, Stack up to the Best

## NORTHERN PINES CORN MUFFIN MIX

Manufacturer Product # 45030

*Enjoy the classic flavor and hearty texture of coarse ground corn meal  
in a delicious, ready-to-use Corn Muffin Mix.  
A complete mix - only need to add water.*

<b>Nutrition Facts</b>	
Serving Size 100 g	
Servings Per Container 45	
Amount Per Serving	
<b>Calories</b> 400	Calories from Fat 80
% Daily Value*	
<b>Total Fat</b> 9g	13%
Saturated Fat 1.5g	7%
Trans Fat 0g	
<b>Cholesterol</b> 15mg	5%
<b>Sodium</b> 830mg	35%
<b>Total Carbohydrate</b> 75g	25%
Dietary Fiber 2g	7%
Sugars 29g	
Protein 6g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 2%
* 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 85g 80g
Sat 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
Calories per gram:	
Fat 9	• Carbohydrate 4 • Protein 4

INGREDIENTS: Corn Flour, Sugar, Corn Meal

PRODUCT UPC	019121- 45030
BRAND NAME	Northern Pines
VARIABLE WEIGHT	No
CASE PACK	6 - 5 LBS.
CASE DIMENSIONS	H 8 X L 17-3/4 X W 9-1/4
NET WT.	30 LBS.
GROSS WT.	31 LBS.
HI/TI	10 x 8
PACKAGING TYPE	Carton
STORAGE	Room Temp
SHELF LIFE	8 Months
PRODUCT CLAIMS	None
KOSHER	No
Product Code Date - A 6 digit number; first 3 numbers represent the Julian Calendar date of manufacture; next 2 numbers are the year; last number is the batch number.	

**GUST-JOHN FOODS & PRODUCTS CORPORATION**

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