



Corn Muffin Mix

Nutrition Facts

about 15 servings per container
Serving size 1/2 cup mix (78g)

	Per 1/2 cup mix		Per baked portion	
		% DV*		% DV*
Calories	330		360	
Total Fat	9g	12%	12g	15%
Saturated Fat	4g	20%	5g	24%
Trans Fat	0g		0g	
Cholesterol	10mg	3%	80mg	27%
Sodium	690mg	30%	720mg	31%
Total Carb.	56g	20%	56g	20%
Dietary Fiber	2g	6%	2g	6%
Total Sugars	15g		16g	
Incl. Added Sugars	15g	29%	14g	29%
Protein	4g		7g	
Vitamin D	0mcg	0%	0.4mcg	2%
Calcium	130mg	10%	180mg	15%
Iron	1.8mg	10%	2.1mg	10%
Potassium	90mg	2%	120mg	2%
Thiamin		20%		20%
Riboflavin		10%		15%
Niacin		10%		15%
Folate (folic acid)	(55mcg)	20%	(50mcg)	25%

*The % Daily Value (DV) 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.

INGREDIENTS: Wheat Flour, Degerminated Yellow Corn Meal, Sugar, Animal Shortening (Lard, Hydrogenated Lard, Tocopherols Preservative, BHT Preservative, Citric Acid Preservative), Contains less than 2% of: Baking Soda, Monocalcium Phosphate, Wheat Starch, Salt, Tricalcium Phosphate, Sodium Acid Pyrophosphate, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Silicon Dioxide.

CONTAINS: WHEAT

Brand	JIFFY
Item Number	913
SKU	4670200913
UPC	846702009138
GTIN	20846702009132
Pack Size	12/40 oz
Case Net Weight	30 lb
Case Grosse Weight	32.39 lb
Case Dimensions	19.87" x 10" x 9"
Cases/Pallet	50
Case Cube ft.	1.0
TI/HI	10/5
Pallet Gross Weight	1,669.31 lbs
Pallet Net Weight	1,500 lbs
Pallet Cube ft	51.50
Pallet Size	45" x 39.75" x 49.75"
Code Information	Best if used by date
Shelf Life	12 Months

Corn Muffin & Cornbread Preparation

1 box (40 oz) Corn Muffin Mix.
 5 eggs
 1½ cups milk



Use large eggs or substitute 2 oz of liquid egg for each large egg.

Mixing Instructions:

COMBINE eggs and milk.

ADD Corn Muffin Mix.

BLEND on low speed for **30 seconds** using a mixer with paddle attachment. Stop mixer. Scrape bowl and paddle. Blend on low speed for **30 more seconds**. **DO NOT OVERMIX.**



SCALE into greased or paper-lined pan. Bake according to table below:

Little Blue Box Recipe

corn muffins

Yield 3 – 8 Muffins - Depending on Size

1½ cups JIFFY Corn Muffin Mix
 1 egg
 1/3 cup milk



Preheat oven to 400°F.

Grease muffin pan or use paper baking cups.



SPOON mix lightly into measuring cups. With straight edge of knife, level off mix.

BLEND ingredients. Batter will be slightly lumpy. (For maximum crown on muffins let batter rest for 3 or 4 minutes, stir lightly before filling cups.)

FILL muffin cups 2/3 full.

BAKE 15 – 20 minutes or until golden brown.

Pan Size	Scale	Convection Oven	Standard Oven	Yield
Standard Muffin	#20 scoop (1.75 oz)	350°F for 12 – 14 minutes*	400°F for 15 – 20 minutes*	30
Jumbo Muffin**	#10 scoop (3.5 oz)	325°F for 16 – 18 minutes*	375°F for 18 – 22 minutes*	15
18" x 13" x 1" Half Sheet Pan	3 lb 14 oz	350°F for 12 – 14 minutes*	400°F for 16 – 20 minutes*	24 - 3" x 3" pieces

*Baking time may vary depending on oven and oven load.

**Nutrition Facts based on this recipe.