

Cooking for Kids

Recipe Sizing Report

000190 - Blueberry Muffin :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 100 Size of Portion: 1 EACH	Meat/Alt: Grains: 2 oz Fruit: Vegetable: Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
902688 FLOUR, ALL PURPOSE, ENRICHED, WHITE, BLE.....	2 qts + 1 cup	1. Preheat Convection oven to 325° F or Conventional oven to 350° F. 2. Line muffin tins with paper cups then set aside. 3. In a small bowl, combine flour, sugar, baking powder, salt, and cinnamon then set aside.
902987 FLOUR, WHOLE WHEAT.....	2 qts + 1 cup	
019335 SUGARS, GRANULATED.....	1 qt + 3 3/4 cups	
018370 LEAVENING AGENTS, BAKING PDR, DOUBLE-ACTIN...	1/3 cup	
002047 SALT, TABLE.....	1/2 tsp	
002010 CINNAMON, GROUND.....	1/2 tsp	
050430 EGGS, WHOLE, FROZEN, PASTEURIZED, RAW.....	12 large egg	4. In a mixing bowl or mixer, beat eggs, oil, milk, and vanilla together until fully incorporated then stir in blueberries. Gently mix in dry mixture. 5. Portion batter into paper-lined muffin tins using #16 scoop. 6. Bake for 25 to 30 minutes. Let cool then sprinkle with powdered sugar if desired.
050385 OIL, VEGETABLE.....	3 3/4 cups	
001175 MILK, FLUID, 1% FAT, WO/ ADDED VIT A & VIT.....	1 qt + 2 3/8 cups	
002050 VANILLA EXTRACT.....	1/4 cup + 1/2 tsp	
009050 BLUEBERRIES, RAW.....	2 qts + 1/4 cup	

*Nutrients are based upon 1 Portion Size (1 EACH)

Calories	235 kcal	Cholesterol	23 mg	Sugars	*17.8* g	Calcium	81.79 mg	35.68%	Calories from Total Fat
Total Fat	9.30 g	Sodium	84 mg	Protein	3.96 g	Iron	1.15 mg	5.96%	Calories from Saturated Fat
Saturated Fat	1.55 g	Carbohydrates	34.94 g	Vitamin A	47.3 IU	Water ¹	*24.58* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	1.76 g	Vitamin C	1.2 mg	Ash ¹	*0.69* g	59.56%	Calories from Carbohydrates
								6.75%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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.