

# Cooking for Kids

## Recipe Sizing Report

000553 - Blueberry Muffin CACFP :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 16 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.....	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.....	1 cup	
019335 SUGARS, GRANULATED.....	1 cup	
018370 LEAVENING AGENTS, BAKING PDR, DOUBLE-ACTIN...	2 tsp	
002047 SALT, TABLE.....	1/8 tsp	
002010 CINNAMON, GROUND.....	1/8 tsp	
050430 EGGS, WHOLE, FROZEN, PASTEURIZED, RAW.....	2 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 or fill 2/3 of the way full.  6. Bake for 25 to 30 minutes. Let cool then sprinkle with powdered sugar if desired.
050385 OIL, VEGETABLE.....	1/2 cup	
001175 MILK, FLUID, 1% FAT, WO/ ADDED VIT A & VIT.....	3/4 cup	
002050 VANILLA EXTRACT.....	1 Tbsp	
009050 BLUEBERRIES, RAW.....	2 cups	

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

Calories	190 kcal	Cholesterol	24 mg	Sugars	*15.1* g	Calcium	65.43 mg	37.16%	Calories from Total Fat
Total Fat	7.83 g	Sodium	78 mg	Protein	3.11 g	Iron	0.87 mg	6.25%	Calories from Saturated Fat
Saturated Fat	1.32 g	Carbohydrates	27.51 g	Vitamin A	49.9 IU	Water <sup>1</sup>	*26.31* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	1.47 g	Vitamin C	1.8 mg	Ash <sup>1</sup>	*0.59* g	58.02%	Calories from Carbohydrates
								6.55%	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

<sup>1</sup> - denotes optional nutrient values

<sup>2</sup> - 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.