

Cooking for Kids

Recipe Sizing Report

000191 - Chocolate Chip Muffin :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 50 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..... 902987 FLOUR, WHOLE WHEAT..... 019335 SUGARS, GRANULATED..... 018370 LEAVENING AGENTS, BAKING PDR, DOUBLE-ACTIN... 002047 SALT, TABLE.....	1 qt + 1/2 cup 1 qt + 1/2 cup 3 3/4 cups + 2 1/2 Tbsp 2 Tbsp + 1 3/4 tsp 1/4 tsp	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, and salt then set aside.
050430 EGGS, WHOLE, FROZEN, PASTEURIZED, RAW..... 050385 OIL, VEGETABLE..... 001175 MILK, FLUID, 1% FAT, WO/ ADDED VIT A & VIT..... 902969 SEMI-SWEET CHOCOLATE CHIPS.....	6 large egg 1 3/4 cups + 2 Tbsp 3 1/8 cups + 1 Tbsp 12 1/2 ozs	4. In a mixing bowl or mixer, beat eggs, oil, and milk together until fully incorporated then stir in chocolate chips. 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.

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

Calories	259 kcal	Cholesterol	23 mg	Sugars	*20.3* g	Calcium	80.87 mg	38.71%	Calories from Total Fat
Total Fat	11.15 g	Sodium	84 mg	Protein	4.34 g	Iron	1.30 mg	9.48%	Calories from Saturated Fat
Saturated Fat	2.73 g	Carbohydrates	37.82 g	Vitamin A	40.7 IU	Water ¹	*14.02* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	1.93 g	Vitamin C	0.0 mg	Ash ¹	*0.66* g	58.35%	Calories from Carbohydrates
								6.70%	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.