

Cooking for Kids

Recipe Sizing Report

| 000554 - Chocolate Chip 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..... 902987 FLOUR, WHOLE WHEAT..... 019335 SUGARS, GRANULATED..... 018370 LEAVENING AGENTS, BAKING PDR, DOUBLE-ACTIN... 002047 SALT, TABLE..... | 1 cup 1 cup 1 cup 2 tsp 1/8 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..... | 2 large egg 1/2 cup 3/4 cup 3/4 cup | 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 or fill 2/3 of the way full. 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 | 229 kcal | Cholesterol | 24 mg | Sugars | *19.2* g | Calcium | 64.03 mg | 42.27% | Calories from Total Fat |
| Total Fat | 10.77 g | Sodium | 78 mg | Protein | 3.72 g | Iron | 1.12 mg | 12.51% | Calories from Saturated Fat |
| Saturated Fat | 3.19 g | Carbohydrates | 32.21 g | Vitamin A | 39.8 IU | Water ¹ | *10.31* g | *0.00%* | Calories from Trans Fat |
| Trans Fat ² | *0.00* g | Dietary Fiber | 1.77 g | Vitamin C | 0.0 mg | Ash ¹ | *0.55* g | 56.18% | Calories from Carbohydrates |
| | | | | | | | | 6.49% | 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.