

Cooking for Kids

Recipe Sizing Report

000235 - Cornbread	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 50 Size of Portion: 1 piece	Meat/Alt: Grains: 1 oz Fruit: Vegetable: Milk:		Y - Milk Y - Egg Y - Wheat		? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy

Ingredients	Measures	Instructions
902987 FLOUR, WHOLE WHEAT..... 020320 CORNMEAL,WHOLE-GRAIN,WHITE..... 019335 SUGARS,GRANULATED..... 018370 LEAVENING AGENTS,BAKING PDR,DOUBLE-ACTIN... 002047 SALT, TABLE.....	1 lb 1 lb 1 cup 1/4 cup 1/2 Tbsp	1. Combine flour, cornmeal, sugar, baking powder, and salt in a commercial mixer (batch as needed). Using a paddle attachment, mix for 1 minute on low speed.
001123 EGG, WHL, RAW, FRSH..... 001175 MILK, FLUID, 1% FAT, WO/ ADDED VIT A & VIT..... 050385 OIL, VEGETABLE.....	6 ozs 3 1/2 cups 1/2 cup	2. Combine eggs, milk, and oil in a large bowl. Stir well. 3. Add egg mixture to dry ingredients. Mix for 2-3 minutes on medium speed until dry ingredients are moistened. DO NOT OVERMIX. 4. Pour batter on a sheet pan lightly coated with pan spray. For 50 servings, pour 4 lb 8 oz (1 qt + 3-1/2 cups) on 1 half sheet pan (18" x 13" x 1"). For 100 servings, pour 9 lb (3 qt + 3 cups) batter on 1 full sheet pan (18" x 26" x 1"). 5. Bake until lightly browned: Conventional oven: 400° F for 30-35 minutes. Convection oven: 350° F for 20-25 minutes. 6. Remove from oven. Cool for 10 minutes. 7. Portion: For 50 servings, cut each pan 5 x 10 (50 pieces per pan). For 100 servings, cut each pan 10 x 10 (100 pieces per pan). 8. Serve 1 piece (about 2" x 2-1/2").

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

Calories	111 kcal	Cholesterol	14 mg	Sugars	*5.0* g	Calcium	108.28 mg	26.07%	Calories from Total Fat
Total Fat	3.22 g	Sodium	173 mg	Protein	2.94 g	Iron	0.83 mg	5.02%	Calories from Saturated Fat
Saturated Fat	0.62 g	Carbohydrates	18.68 g	Vitamin A	27.5 IU	Water ¹	*18.93* g	*0.01%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	1.63 g	Vitamin C	0.0 mg	Ash ¹	*1.24* g	67.26%	Calories from Carbohydrates
								10.58%	Calories from Protein

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.

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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.