

Cooking for Kids

Recipe Sizing Report

000574 - Cornbread CACFP	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 25 Size of Portion: 1 piece	Meat/Alt: Grains: 1 oz Fruit: Vegetable: Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

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 1/2 cups 1 1/4 cups 1/3 cup + 2 Tbsp 1 Tbsp + 1 tsp 3/4 tsp	1. Combine flour, cornmeal, sugar, baking powder, and salt in a 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.....	1 3/4 large 1 3/4 cups 1/4 cup	2. Combine eggs, milk, and oil in a large bowl. Stir well. 3. Add egg mixture to dry ingredients. Mix for 1-2 minutes on medium speed until dry ingredients are moistened. DO NOT OVERMIX. 4. Pour batter on a 9-1/2 x 13 x 1 inch pan lightly coated with pan spray. 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. Cut each pan 5 x 5 (25 pieces per pan). 8. Serve 1 piece (about 2" x 2-1/2").

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

Calories	92 kcal	Cholesterol	14 mg	Sugars	*4.6* g	Calcium	80.36 mg	29.82%	Calories from Total Fat
Total Fat	3.06 g	Sodium	142 mg	Protein	2.45 g	Iron	0.62 mg	5.80%	Calories from Saturated Fat
Saturated Fat	0.60 g	Carbohydrates	14.62 g	Vitamin A	27.2 IU	Water ¹	*18.61* g	*0.01%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	1.22 g	Vitamin C	0.0 mg	Ash ¹	*0.94* g	63.24%	Calories from Carbohydrates
								10.60%	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.