

Cooking for Kids

Recipe Sizing Report

000187 - Cowboy Bread/Muffins :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 100 Size of Portion: 1 Piece	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..... 799986 SALT, KOSHER..... 004696 MARGARINE, REG, 80% FAT, COMP, STK, WO/ SALT,	1 lb + 4 7/8 ozs 2 lbs + 13 7/8 ozs 4 lbs + 2 2/3 ozs 1 Tbsp + 1 1/8 tsp 2 lbs + 1 1/3 ozs	1. Blend flours, sugar, salt, and margarine until it makes a crumb mixture. 2. Remove 1 cup for each pan and set aside for now.
018370 LEAVENING AGENTS, BAKING PDR, DOUBLE-ACTIN... 018372 LEAVENING AGENTS, BAKING SODA..... 002010 CINNAMON, GROUND..... 002025 NUTMEG, GROUND.....	1/3 cup + 5/8 tsp 1 Tbsp + 1/8 tsp 1 Tbsp + 1 1/8 tsp 1 Tbsp + 1/8 tsp	3. In a smaller bowl, mix together baking powder, baking soda, cinnamon, and nutmeg. Then add the flour mixture.
001088 MILK, BTTRMLK, FLUID, CULTURED, LOWFAT..... 050430 EGGS, WHOLE, FROZEN, PASTEURIZED, RAW.....	1 qt + 2 1/4 cups 7 1/3 large egg	4. Add buttermilk and eggs and mix until smooth. 5. If making Cowboy Bread, put mixture into half sheet tray (1-1/4 quarts per tray). Sprinkle 1 cup of crumb topping on each tray and bake in 350° F oven for 20 minutes. Cut into 24 pieces per pan (4x6). If making Cowboy Muffins, fill each muffin tin spot with 1.5 oz of mixture. Sprinkle 1 cup of crumb topping on each tray and bake in a 350° F oven for 20 minutes.

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

Calories	219 kcal	Cholesterol	14 mg	Sugars	*19.7* g	Calcium	83.28 mg	35.13%	Calories from Total Fat
Total Fat	8.55 g	Sodium	193 mg	Protein	3.32 g	Iron	0.93 mg	7.12%	Calories from Saturated Fat
Saturated Fat	1.73 g	Carbohydrates	33.89 g	Vitamin A	366.5 IU	Water ¹	*15.41* g	*0.00*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	1.62 g	Vitamin C	0.2 mg	Ash ¹	*0.93* g	61.90%	Calories from Carbohydrates
								6.06%	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.