

Cooking for Kids

Recipe Sizing Report

000386 - Cowboy Muffins CACFP :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 16 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,	2/3 cup 2/3 cup 1 cup 1/2 tsp 8 Tbsp	1. In a mixer or with a hand mixer, blend flours, sugar, salt, and margarine until it makes a crumb mixture. 2. Remove 1/4 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.....	2 tsp 1/2 tsp 1/2 tsp 1/4 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.....	3/4 cup 1 large egg	4. Add buttermilk and eggs and mix until smooth. 5. Fill each muffin tin spot 2/3 of the way with mixture. Sprinkle crumb topping on each muffin and bake in a 350° F oven for 20 minutes.

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

Calories	145 kcal	Cholesterol	12 mg	Sugars	*13.2* g	Calcium	61.13 mg	38.93%	Calories from Total Fat
Total Fat	6.26 g	Sodium	155 mg	Protein	1.99 g	Iron	0.57 mg	7.93%	Calories from Saturated Fat
Saturated Fat	1.28 g	Carbohydrates	21.02 g	Vitamin A	273.4 IU	Water ¹	*11.54* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	0.73 g	Vitamin C	0.1 mg	Ash ¹	*0.71* g	58.10%	Calories from Carbohydrates
								5.50%	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.