

Cooking for Kids

Recipe Sizing Report

000396 - Muffin (Base Recipe) CACFP :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 16 Size of Portion: 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.....	2 large egg 1/2 cup 3/4 cup	4. In a mixing bowl or mixer, beat eggs, oil, and milk together until fully incorporated. Gently and slowly 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. Get creative with this base recipe and add your choice of flavorings, fruits, or nuts. Note: Any additions may change the nutrition facts information.

*Nutrients are based upon 1 Portion Size (each)

Calories	177 kcal	Cholesterol	24 mg	Sugars	*13.2* g	Calcium	64.03 mg	39.55%	Calories from Total Fat
Total Fat	7.77 g	Sodium	78 mg	Protein	2.97 g	Iron	0.82 mg	6.68%	Calories from Saturated Fat
Saturated Fat	1.31 g	Carbohydrates	24.71 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	1.01 g	Vitamin C	0.0 mg	Ash ¹	*0.55* g	55.91%	Calories from Carbohydrates
								6.72%	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.