

Cooking for Kids

Recipe Sizing Report

990014 - Peach Muffin :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 100 Size of Portion: 1 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.....	2 qts + 1 cup 2 qts + 1 cup 1 qt + 3 3/4 cups 1/3 cup 1/2 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..... 002050 VANILLA EXTRACT..... 009250 PEACHES, FRZ, SLICED, SWTND.....	12 large egg 3 3/4 cups 1 qt + 2 3/8 cups 1/4 cup + 1/2 tsp 2 qts + 1/4 CUP (thawed)	4. In a mixing bowl or mixer, beat eggs, oil, milk, and vanilla together until fully incorporated then stir in peaches. Gently mix in dry mixture. 5. Portion batter into paper-lined muffin tins using #16 scoop. 6. Bake for 25 to 30 minutes. Let cool then sprinkle with powdered sugar if desired.

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

Calories	247 kcal	Cholesterol	23 mg	Sugars	*21.2* g	Calcium	81.55 mg	33.84%	Calories from Total Fat
Total Fat	9.29 g	Sodium	85 mg	Protein	4.00 g	Iron	1.19 mg	5.65%	Calories from Saturated Fat
Saturated Fat	1.55 g	Carbohydrates	38.11 g	Vitamin A	99.3 IU	Water ¹	*29.71* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	1.83 g	Vitamin C	19.4 mg	Ash ¹	*0.77* g	61.70%	Calories from Carbohydrates
								6.47%	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.