

Cooking for Kids

Recipe Sizing Report

000520 - Peach Muffin CACFP :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 16 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.....	1 cup 1 cup 1 cup 2 tsp 1 7/8 dash	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.....	2 large egg 1/2 cup 3/4 cup 1 Tbsp 2 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 or fill 2/3 of the way full. 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	208 kcal	Cholesterol	24 mg	Sugars	*20.2* g	Calcium	65.05 mg	33.73%	Calories from Total Fat
Total Fat	7.81 g	Sodium	80 mg	Protein	3.17 g	Iron	0.93 mg	5.68%	Calories from Saturated Fat
Saturated Fat	1.32 g	Carbohydrates	32.30 g	Vitamin A	128.6 IU	Water ¹	*34.08* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	1.58 g	Vitamin C	29.4 mg	Ash ¹	*0.71* g	61.99%	Calories from Carbohydrates
								6.08%	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.