

Cooking for Kids

Recipe Sizing Report

000178 - Sunshine Bread/Muffins :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 50 Size of Portion: 1 Piece	Meat/Alt: Grains: 1.5 oz Fruit: Vegetable: 0.25 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
019335 SUGARS, GRANULATED..... 050385 OIL, VEGETABLE..... 011514 SWEET POTATO, CND, MSHD..... 050430 EGGS, WHOLE, FROZEN, PASTEURIZED, RAW.....	1 lb + 14 1/4 ozs 1 1/3 cups + 1 1/2 Tbsp 2 2/3 cups + 1 Tbsp 14 5/8 ozs	1. Combine sugar, oil, sweet potato, and eggs in a mixing bowl. Whip on medium speed in a large mixer until creamy, about 7 minutes. 2. Scrape down sides of bowl and change attachment to a paddle.
902688 FLOUR, ALL PURPOSE, ENRICHED, WHITE, BLE..... 902987 FLOUR, WHOLE WHEAT..... 018370 LEAVENING AGENTS, BAKING PDR, DOUBLE-ACTIN... 018372 LEAVENING AGENTS, BAKING SODA..... 799986 SALT, KOSHER..... 002010 CINNAMON, GROUND..... 002011 CLOVES, GROUND..... 002025 NUTMEG, GROUND.....	14 5/8 ozs 15 5/8 ozs 3 Tbsp + 1 3/8 tsp 2 5/8 tsp 2 1/8 tsp 2 1/8 tsp 1/2 tsp 1 tsp	3. Combine dry ingredients and add to sweet potato mixture by alternating flour mixture and water in small quantities until all is added.
902993 RAISINS, SEEDLESS, NOT PACKED.....	11 ozs	4. Add raisins and mix on low speed for 3 minutes. 5. If making Sunshine Bread, grease 1/2 sheet trays and place 1.5 qts in each pan. Bake at 300° F for 15 minutes. Cut into 24 pieces per pan (4x6). If making Sunshine Muffins, place muffin cups in tins and scoop 1-1/2 oz in each muffin. Bake at 300° F for 15 minutes.

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

Calories	227 kcal	Cholesterol	31 mg	Sugars	*17.9* g	Calcium	88.21 mg	29.34%	Calories from Total Fat
Total Fat	7.40 g	Sodium	230 mg	Protein	3.54 g	Iron	1.28 mg	4.95%	Calories from Saturated Fat
Saturated Fat	1.25 g	Carbohydrates	38.34 g	Vitamin A	1259.0 IU	Water ¹	*10.36* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	1.71 g	Vitamin C	0.9 mg	Ash ¹	*0.89* g	67.56%	Calories from Carbohydrates
								6.23%	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.