

Cooking for Kids

Recipe Sizing Report

000399 - Sunshine Bread/Muffins CACFP :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 20 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 3/4 cups 1/2 cup + 3 1/2 tsp 1 cup + 1 1/2 Tbsp 3 large eggs	1. Combine sugar, oil, sweet potato, and eggs in a mixing bowl. Whip on medium speed in a large mixer or by hand until creamy, about 7 minutes. 2. Scrape down sides of bowl and change attachment to a paddle if using a mixer.
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.....	1 1/3 cups 1 1/2 cups 1 Tbsp + 1 tsp 1 tsp 1 tsp 1 tsp 1/4 tsp 1/2 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.....	1 cup	4. Add raisins and mix on low speed or by hand for 3 minutes. 5. If making Sunshine Bread, grease 1/2 sheet trays or cookie sheets and place 6 cups in each pan. Bake at 300° F for 15 minutes. Cut into 20 pieces. If making Sunshine Muffins, place muffin cups in tins and fill each muffin tin spot 2/3 of the way with mixture. 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

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.

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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.

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