

Cowboy Muffins - CACFP

General Information

Recipe #	Category	Source
2033827	Breakfast Entree 	Local

Ingredients

Name	Quantity	+Quantity 2
Wheat flour, white, all-purpose, enriched, bleached	3 ¾ oz.	
Wheat flour, whole-grain, soft wheat	3 ¾ oz.	
Sugars, granulated	3 tbsp., 2 ⅝ tsp.	
Salt, table	⅛ tsp.	
Margarine-like, margarine-butter blend, soybean oil and butter	1 tbsp., 2 ⅞ tsp.	
Leavening agents, baking powder, low-sodium	½ tsp.	
Leavening agents, baking soda	⅛ tsp.	
Spices, cinnamon, ground	¼ tsp.	
Spices, nutmeg, ground	< ⅛ tsp.	
Milk, buttermilk, fluid, cultured, lowfat	½ c., 2 tsp.	
Egg, whole, raw, fresh	½ large	

Preparation Instructions

HACCP Process: #2 - Same Day Service

1. In a mixer or with a hand mixer, blend flours, sugar, salt, and margarine until it makes a crumb mixture.
2. Remove 1/4 cup for each pan and set aside for now.
3. Add buttermilk and eggs and mix until smooth.
4. Spray muffin tins and fill each muffin tin 2/3 of the way up using a #16 (2 oz) scoop. Sprinkle crumb topping on each muffin and bake in a 350 degree F oven for 20 minutes.

Separate raw animal foods, such as eggs, fish, meat, and poultry, from ready-to-eat foods, such as lettuce, cut melons, and lunch meats during receiving, storage, and preparation.

Food prep areas, equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking.

Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.

Remove products from storage using oldest pack date first. If frozen, keep product in original packaging and place in a pan(s). Place in cooler following proper HACCP storage guidelines to prevent cross-contamination.

CCP: Take and record on a temperature log all beginning temperatures of refrigerated foods before beginning the recipe.

Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This applies as well to before and after glove use. Use clean pair of gloves when handling raw product. Replace gloves after handling any other object.

If a recipe contains a combination of meat products, cook the product to the highest required temperature.



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Serving Size	Yield
1 Each	6.00

Nutrition Facts

Serving Size 1 Each (73 gm)		
Amount Per Serving		
Calories		197.087
		% Daily Value*
Total Fat	4.761 gm	7.324%
Saturated Fat	1.020 gm	5.101%
Trans Fat	0.676* gm	
Cholesterol	16.303 mg	5.434%
Sodium	143.752 mg	5.99%
Total Carbohydrate	35.029 gm	11.676%
Dietary Fiber	2.874 gm	11.496%
Total Sugars	9.412 gm	
Includes 7.984 gm of Added Sugars		
Protein	4.636 gm	9.271%
Vitamin A	46.457 mcg RAE	5.162%
Vitamin C	0.230 mg	0.383%
Vitamin D	0.080 mcg	0.4%
Calcium	55.157 mg	5.516%
Iron	1.539 mg	8.55%
Potassium	169.376 mg	3.604%
Saturated Fat % of Calories		4.659 %
Added Sugar % of Calories		16.204 %
* Indicates missing Nutrient Information.		
^ Indicates user added nutrient.		

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to the daily diet. 2,000 calories a day is used for general nutrition advice.

Meal Components

Component	Measurement
Grains	1 oz

CCP: Heat to 165° F or higher for at least 15 seconds.

Remove product from oven. Caution! Finished product is hot. Use oven mitts when handling product to avoid injury.

CCP: Place product in warming cabinet until served. Ensure that hot food is held at a temperature above 140° F.

CORRECTIVE ACTION HOT FOOD: All cooked food items being held for service that drop below 140 degrees must be removed from service until such time as they are reheated to 165 degrees. Any food not eaten after reheating must be discarded.

CCP: Maximum holding time is two (2) hours. Discard product after maximum holding time is reached. Do not reheat product.

CCP: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

CCP: Record time and internal temperature of completed recipe on daily log.

Added Sugar Limitations ⓘ

Not applicable.

Dates

Last Updated	Created
12-15-2025	12-15-2025

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