

Muffin (Base Recipe) - CACFP

General Information

Recipe #	Category	Source
1792726	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.	
Sugars, brown	3 tbsp. packed	
Leavening agents, baking powder, low-sodium	1 ½ tsp.	
Salt, table	¼ tsp.	
Egg, whole, raw, fresh	¾ large	
Vegetable oil, palm kernel	3 tbsp.	
Milk, White, 1%, Low Fat, Gallon, Hiland Dairy, 13200	½ c.	

Preparation Instructions

HACCP Process: #3 - Complex Food Preparation

1. Preheat convection oven to 375 degrees F. If conventional oven, preheat to 400 degrees F.
2. Line muffin tins with paper cups then set aside.
3. In a small bowl, combine flour, sugars, baking powder, and salt and set aside.
4. In a mixing bowl or mixer with the paddle attachment, beat eggs, oil, and milk together until fully incorporated. Gently and slowly mix into dry mixture until just combined.
5. Portion batter into paper-lined muffin tins using #16 scoop or fill 2/3 of the way full.
6. Bake for 20-25 minutes. Let cool and serve.

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.



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Serving Size	Yield
1 Each	6.00

Nutrition Facts

Serving Size 1 Each (82 gm)

Amount Per Serving	
Calories	250.732
% Daily Value*	
Total Fat	8.127 gm12.503%
Saturated Fat	5.967 gm29.835%
Trans Fat	0.002* gm
Cholesterol	24.500 mg8.167%
Sodium	119.768 mg4.99%
Total Carbohydrate	41.258 gm13.753%
Dietary Fiber	2.827 gm11.308%
Total Sugars	14.076 gm
Includes 12.908 gm of Added Sugars	
Protein	4.994 gm9.988%
Vitamin A	10.000* mcg RAE1.111%
Vitamin C	0.000* mg
Vitamin D	0.375 mcg1.875%
Calcium	92.817 mg9.282%
Iron	1.744 mg9.688%
Potassium	263.767 mg5.612%
Saturated Fat % of Calories	21.418 %
Added Sugar % of Calories	20.592 %
* 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

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

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.

Vendors

Hiland Dairy Foods 🇺🇸

Dates

Last Updated	Created
05-02-2025	05-02-2025

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