

Corn Muffins

Grains/Breads

Grains/Breads

A-02

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
All-purpose flour	8 oz	1 1/2 cups	1 lb	3 cups	1. In a mixing bowl, use the paddle attachment on low speed to combine the flour, cornmeal, sugar, baking powder, and salt. Mix for 3 minutes.
Yellow cornmeal		1/2 cup	6 oz	1 cup	
Powdered sugar	5 oz	1 cup	10 oz	2 cups	2. Slowly add eggs and mix on low speed for 30 seconds. Scrape the sides of the bowl.
Baking powder		1 Tbsp		2 Tbsp	
Salt		1 1/2 tsp		1 Tbsp	
Fresh large eggs OR		1 each		2 each	3. Slowly add milk and mix on medium speed for 30 seconds, until smooth.
Frozen whole eggs, thawed		1/4 cup	4 oz	1/2 cup	
Lowfat milk		1 cup		2 cups	4. Add oil and mix on medium speed for 30 seconds, until blended. Scrape the sides of the bowl.
Vegetable oil		1/4 cup		1/2 cup	
					5. Using a No. 20 scoop, portion batter into lightly greased or paper-lined muffin tins.
					6. To Bake: Conventional Oven: 400 degrees F, 15 minutes Convection Oven: 375 degrees F, 10 minutes Bake until golden brown.

SERVING:	YIELD:	VOLUME:
1 muffin provides the equivalent of 3/4 slice of bread	25 Servings: 1 lb 9 oz	25 Servings: 2 3/4 cups
	50 Servings: 3 lb 2 oz	50 Servings: 1 qt 1 1/2 cups

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Nutrients Per Serving

Calories	94	Saturated Fat	.5 g	Iron	.6 mg
Protein	2 g	Cholesterol	10 mg	Calcium	47 mg
Carbohydrate	16 g	Vitamin A	12 RE/49 IU	Sodium	207 mg
Total Fat	2.7 g	Vitamin C	0 mg	Dietary Fiber	0 g