

Fremont Unified School District

Recipe: 000478 Cornbread, Home Style

Recipe HACCP Process:

Recipe Source:

Recipe Group: BREAD/ROLLS/STARCH

Alternate Recipe Name:

Number of Portions: 80

Size of Portion: servings

		Preheat Oven 400° Conventional 350° Electric Convection 350° Gas Convection
050391 FLOUR, ALL PURPOSE, ENRICHED, WHITE, BLEACHED.... 050390 CORNMEAL, ENRICHED, YELLOW, DEGERMED..... 001092 MILK, DRY, NONFAT, INST, W/ VIT A..... 019335 SUGARS, GRANULATED..... 116622 BAKING POWDER..... 002047 SALT, TABLE..... 050432 EGGS, WHOLE, FROZEN, PASTEURIZED, RAW..... 902991 Oil, Soybean -Old World.....	2 LB 1 1/2 QT 1 1/4 CUP 1 1/3 CUP 1/2 CUP 2 TSP 2 3/8 CUP 1 1/2 CUP	1. In mixer bowl combine dry ingredients. 2. Using flat paddle on #1 speed blend thoroughly.
014429 WATER, MUNICIPAL..... 116107 YOGURT, NON FAT, F.....	1 1/4 QT 3 CUP	3. Add eggs, yogurt, oil and water. 4. Mix 10 seconds on low speed. Scrape side of bowl. Mix on #2 speed only until combined. 5. Place in oiled Bun Pan, 18" x 26" 6. Bake 25 to 30 min. or until golden brown. 7. Cut each pan into 80 servings.

*Nutrients are based upon 1 Portion Size (servings)

Calories	203 kcal	Cholesterol	32.06 mg	Protein	3.62 g	Calcium	36.03 mg	42.40%	Calories from Total Fat
Total Fat	9.57 g	Sodium	384.21 mg	Vitamin A	20.37 RE	Iron	1.19 mg	6.59%	Calories from Saturated Fat
Saturated Fat	1.49 g	Carbohydrates	24.35 g	Vitamin A	89.25 IU	Water ¹	*14.84* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	0.79 g	Vitamin C	0.18 mg	Ash ¹	*0.25* g	47.94%	Calories from Carbohydrates
								7.12%	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

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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<u>Miscellaneous</u>	<u>Attributes</u>	<u>Allergens Present</u>	<u>Allergens Absent</u>	<u>Allergens Unidentified</u>
Meat/Alt..... oz				? - Milk
Grain..... 2 oz				? - Egg
Fruit..... cup				? - Peanut
Vegetable..... cup				? - Tree Nut
Milk..... cup				? - Fish
Moisture & Fat Change				? - Shellfish
Moisture Change. 0%				? - Soy
Fat Change..... 0%				? - Wheat
Type of Fat.....				

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	050391	FLOUR, ALL PURPOSE, ENRICHED, WHITE, B			
I	050390	CORNMEAL, ENRICHED, YELLOW, DEGERME			
I	001092	MILK, DRY, NONFAT, INST, W/ VIT A			
I	019335	SUGARS, GRANULATED			
I	116622	BAKING POWDER			
I	002047	SALT, TABLE			
I	050432	EGGS, WHOLE, FROZEN, PASTEURIZED, RA			
I	902991	Oil, Soybean -Old World			
I	014429	WATER, MUNICIPAL			
I	116107	YOGURT, NON FAT, F			

Notes

Production Notes:

Serving Notes:

Purchasing Guide:

Miscellaneous Notes:

1 pan=80 servings

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