

# Corn Muffins

Grains/Breads

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A-02

Ingredients	25 Servings		50 servings		Directions
	Weight	Measure	Weight	Measure	
Enriched all-purpose flour	8 oz	1 ¾ cups 2 Tbsp	1 lb	3 ¾ cups	<ol style="list-style-type: none"> <li>Combine flour, cornmeal, powdered sugar, baking powder, and salt in a mixing bowl. Mix with paddle attachment for 3 minutes on low speed.</li> <li>Slowly add eggs and mix for 30 seconds on low speed. Scrape down sides of bowl.</li> <li>Slowly add milk and mix for 30 seconds on medium speed until smooth.</li> <li>Add oil and mix on for 30 seconds on medium speed until blended.</li> <li>Using a No. 20 scoop (3 ½ Tbsp), portion batter into muffin pans which have been lightly coated with pan release spray or paper lined.</li> <li>Bake until golden brown: Conventional oven: 400° F for 15 minutes Convection oven: 375° F for 10 minutes</li> <li>Portion is 1 muffin.</li> <li>No CCP necessary.</li> </ol>
Yellow cornmeal	3 oz	½ cup	6 oz	1 cup	
Powdered sugar	5 oz	1 cup	10 oz	2 cups	
Baking powder		1 Tbsp		2 Tbsp	
Salt		1 ½ tsp		1 Tbsp	
Frozen whole eggs, thawed	2 oz	¼ cup	4 oz	½ cup	
OR		OR		OR	
Fresh large eggs		2 each		3 each	
Lowfat 1% milk		1 cup		2 cups	
Vegetable oil		¼ cup		½ cup	

SERVING:	YIELD:	VOLUME:
1 muffin provides the equivalent of ¾ slice bread.	<b>25 Servings:</b> 1 lb 9 oz	<b>25 Servings:</b> 25 muffins 1 quart 1 cup (batter)
	<b>50 Servings:</b> 3 lb 2 oz	<b>50 Servings:</b> 50 muffins 2 quarts 2 cups (batter)
	Edited 2014	

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## Nutrients Per Serving

<b>Calories</b>	94	<b>Saturated Fat</b>	0.47 g	<b>Iron</b>	0.65 mg
<b>Protein</b>	1.82 g	<b>Cholesterol</b>	10 mg	<b>Calcium</b>	55 mg
<b>Carbohydrate</b>	15.82 g	<b>Vitamin A</b>	42 IU	<b>Sodium</b>	192 mg
<b>Total Fat</b>	2.69 g	<b>Vitamin C</b>	0.1 mg	<b>Dietary Fiber</b>	0.5 g