

Beyond Breakfast Muffin

Recipe group	Additional name	Diet factors	Portions	Portion size
Breakfast	K12	VG, NF	24	3.52 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	2 tsp	0 lb 0.32 oz	0%	0 lb 0.32 oz	Oil, Canola	For filling: In a large skillet or flat top, heat oil over medium high heat. Cook sausage for 5-7 minutes, breaking it up as it cooks. Transfer to a bowl.
	2 cup	0 lb 9.74 oz	0%	0 lb 9.74 oz	Vegan Sausage <i>meatless crumbles or similar</i>	



Cooked sausage.

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	1 cup	0 lb 5.20 oz	19%	0 lb 6.40 oz	Pepper, Bell, Red, chopped	Add ingredients from step 2 to sausage and set aside.
	1 cup	0 lb 2.00 oz	17%	0 lb 2.41 oz	Onions, Green, sliced thinly on bias	



Add peppers and onions.

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3	3 cup	0 lb 12.75 oz	0%	0 lb 12.75 oz	Flour, Whole Wheat	For cornbread batter: Combine ingredients from step 3 in a stand mixer with a paddle attachment and mix for 1 minute on low speed to combine.
	2 1/2 cup	0 lb 15.75 oz	0%	0 lb 15.75 oz	Cornmeal, yellow, fine	
	1 cup	0 lb 7.10 oz	0%	0 lb 7.10 oz	Sugar, White, granulated	
	1/4 cup	0 lb 1.73 oz	0%	0 lb 1.73 oz	Baking Powder	
	1 1/2 tsp	0 lb 0.15 oz	0%	0 lb 0.15 oz	Salt, Kosher	



Combine dry ingredients.

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
4	1 3/4 cup	0 lb 14.00 oz	0%	0 lb 14.00 oz	Non-Dairy Milk, Soy, unsweetened	Combine ingredients in step 4 in a bowl and stir to combine. Add to dry ingredients and mix on medium speed for 2-3 minutes, until just combined. Do not over mix.
	3/4 cup	0 lb 6.36 oz	1%	0 lb 6.43 oz	Applesauce <i>unsweetened</i>	
	1/2 cup	0 lb 3.84 oz	0%	0 lb 3.84 oz	Oil, Canola	



Cornbread batter mixed.

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
5	1 1/4 cup	0 lb 4.94 oz	0%	0 lb 4.94 oz	Vegan Cheese, Cheddar, shredded	Fold cheese and sausage mixture into cornbread batter.



*Add cheese and
sausage to batter.*



Folded into batter.

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
6	1/4 cup	0 lb 0.50 oz	17%	0 lb 0.60 oz	Onions, Green, sliced thinly on bias	Preheat oven to 400°F. Use light blue #16 scoop to portion batter into oiled muffin pan. Garnish each muffin with 1/2 teaspoon green onions.

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
7						Bake 15-25 minutes until golden brown and a knife inserted into the center comes out clean. Cool and serve.

RECIPE IMAGES



Beyond Breakfast Muffin

ALLERGENS

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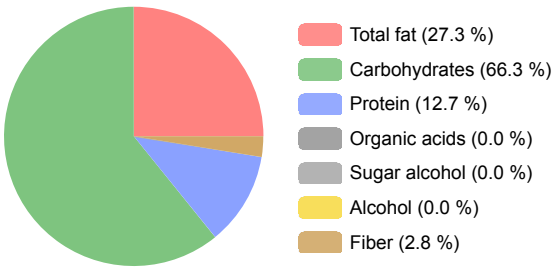
Each muffin provides 1 grain equivalent; 2 muffins provides 2 grains and 1 m/ma

NUTRITION INFORMATION

per portion

				Calories		Minerals		RDI	
Energy nutritives									
		RDI	% of energy	228.22 kcal	11 %	Salt	0.21 g		
Total fat	7.05 g	9 %	27.30 %	954.86 kJ		Salt	0.21 %		
Saturated	0.82 g	4 %	3.19 %			Sodium	144.80 mg	6 %	Vitamins
Monounsaturated	3.45 g		13.37 %			Phosphorus	240.60 mg	19 %	Vitamin A
Polyunsaturated	2.14 g		8.29 %			Potassium	476.70 mg	10 %	Vitamin D
Trans fatty acids	0.02 g		0.08 %			Iron	1.85 mg	10 %	Thiamine
Cholesterol	0.00 mg	0 %				Calcium	130.26 mg	10 %	Riboflavin
Linolenic acid	1.50 g		5.81 %			Zinc	0.84 mg	8 %	Niacin
Alpha-linolenic acid	448.98 mg		1.74 %			Magnesium	48.81 mg	12 %	Vitamin B6
Total Carbohydrate	37.23 g	14 %	66.29 %			Iodine	0.00 µg	0 %	Vitamin B12
Sugars total	9.39 g	19 %				Selenium	12.30 µg	22 %	Folate
Added sugar	0.00 g	0 %	0.00 %			Copper	0.14 mg	16 %	Vitamin C
Lactose	0.00 g								Vitamin E
Fiber	3.35 g	12 %	2.81 %						Vitamin K
Organic acids	0.00 g		0.00 %						
Sugar alcohol	0.00 g		0.00 %						Others
Starch	8.70 g		15.49 %						Water
Protein	7.11 g	14 %	12.66 %						34.13 g
Alcohol	0.00 g		0.00 %						

PERCENTAGE OF ENERGY



CO2



Comparable CO2 emissions for equal sized portions.

The carbon footprint calculator is based on emission factors per kilogram calculated for individual ingredients. The calculator does not take into account emissions from food preparation.