

Cornbread

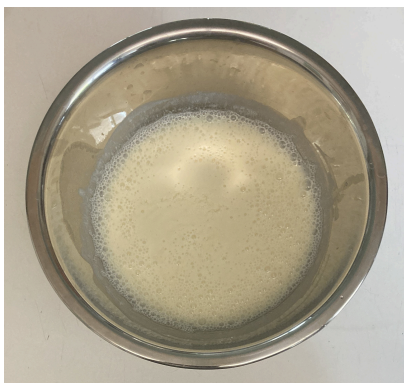
Recipe group	Additional name	Diet factors	Portions	Portion size
Side Dish	K12	VG, NF	50	1.52 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	3 cup	0 lb 12.75 oz	0%	0 lb 12.75 oz	Flour, Whole Wheat	For cornbread: Combine ingredients from step 1 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 <i>whole-grain</i>	
	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
2	3 1/2 cup	1 lb 12.00 oz	0%	1 lb 12.00 oz	Non-Dairy Milk, Soy, unsweetened	Combine ingredients from step 2 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 6.45 oz	1%	0 lb 6.52 oz	Applesauce <i>unsweetened</i>	
	1/2 cup	0 lb 3.84 oz	0%	0 lb 3.84 oz	Oil, Canola	



Mix liquid ingredients.



Cornbread batter.

	Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
3					Preheat oven to 400°F. Pour batter into oiled half sheet pan or use yellow #20 scoop to portion into muffin pans. Bake 25-30 minutes until lightly browned. Cool 10 minutes.

	Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
4					For 50 servings, cut each half sheet pan into 50 pieces (5X10). Each small piece will be about 2"X 2.5".

RECIPE IMAGES



Cornbread

ALLERGENS

-

MEMO

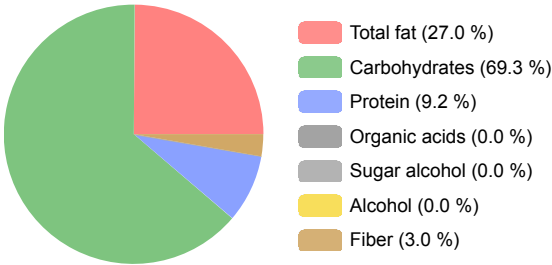
Each piece of cornbread provides 1 ounce equivalent grain.

NUTRITION INFORMATION

per portion

				Calories		Minerals		RDI			
Energy nutritives		RDI	% of energy	99.73 kcal	5 %	Salt	0.11 g				
Total fat	3.04 g	4 %	26.99 %	417.29 kJ		Salt	0.25 %				Vitamins
Saturated	0.29 g	1 %	2.53 %			Sodium	42.00 mg	2 %			Vitamin A
Monounsaturated	1.57 g		13.94 %			Phosphorus	117.01 mg	9 %			1.02 µg
Polyunsaturated	1.05 g		9.33 %			Potassium	172.50 mg	4 %			0.19 µg
Trans fatty acids	0.01 g		0.08 %			Iron	0.67 mg	4 %			Vitamin D
Cholesterol	0.00 mg	0 %				Calcium	65.34 mg	5 %			0.10 mg
Linolenic acid	0.68 g		6.04 %			Zinc	0.39 mg	4 %			Riboflavr
Alpha-linolenic acid	198.93 mg		1.76 %			Magnesium	24.18 mg	6 %			0.07 mg
Total Carbohydrate	17.01 g	6 %	69.28 %			Iodine	0.00 µg	0 %			Niacin
Sugars total	4.51 g	9 %				Selenium	5.89 µg	11 %			0.71 mg
Added sugar	0.00 g	0 %	0.00 %			Copper	0.07 mg	8 %			Vitamin B6
Lactose	0.00 g										0.09 mg
Fiber	1.57 g	6 %	3.00 %								B12
Organic acids	0.00 g		0.00 %								0.18 µg
Sugar alcohol	0.00 g		0.00 %								8 %
Starch	4.18 g		17.01 %								Folate
Protein	2.26 g	5 %	9.20 %								0.00 µg
Alcohol	0.00 g		0.00 %								Vitamin C
											0.04 mg
											0 %
											Vitamin E
											0.48 mg
											3 %
											Vitamin K
											1.73 µg
											1 %
											Others
											Water
											19.78 g

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.