000582 - CORNBREAD, WG, JALAPENO/CHEESE

Source: CHEF V
Number of Portions: 42
Size of Portion: EACH

Components:		Recipe Subgroups:	Attributes:
Meat/Alt:		Whole Grain Rich	
Grains:	1 oz		
Fruit:			
Vegetable:			
Milk:			

HACCP Process: No HACCP Process

Ingredients	Measures	Instructions
020020 CORNMEAL,WHOLE-GRAIN,YEL................................. 051434 FLOUR, WHOLE WHITE WHEAT.................................. 019335 SUGARS,GRANULATED... 002047 SALT,TABLE.. 018369 LEAVENING AGENTS,BAKING PDR,DOUBLE-ACTIN...	3 cups 3 cups 3/4 cup 1 tsp 2 Tbsp	1. Preheat oven to 325 F (convection) or 350 F (conventional). Spray half sheet pans with non-stick spray. 2. In a large bowl, whisk together the cornmeal, flour, sugar, sa lt, and baking powder.
001145 BUTTER,WITHOUT SALT... 001123 EGG,WHOLE,RAW,FRESH... 001088 MILK,BTTRMLK,FLUID,CULTURED,LOWFAT................	3/4 cup 3 large 3 cups	3. Melt butter. In a separate bowl, whisk together the eggs, buttermilk, and melted butter. *To "make" buttermilk, add 1 Tbsp of vinegar to 1 cup of low -fat or skim milk.
799934 PEPPERS,JALEPENO,CND,DRND................................. 050343 CHEESE, CHEDDAR, YELLOW, REDUCED FAT, SH....	4 OZS (CHOPPED) 8 ozs	4. Add the wet ingredients, jalapenos, and cheese to the dry ingredients. Stir until just combined. 5. Pour into prepared half sheet pan and spread evenly. Bake for 20-25 minutes or until golden brown. Cut bars into 42 pieces. **CCP: No bare-hand contact of any exposed cooked or ready-to-eat food.**

*Nutrients are based upon 1 Portion Size (EACH)

Calories	132	kcal	Cholesterol	26	mg	Protein	4.40	g	Calcium	115.23	mg	36.19% Calories from Total Fat
Total Fat	5.32	g	Sodium	232	mg	Vitamin A	64.7	RE	Iron	0.85	mg	20.39% Calories from Saturated Fat
Saturated Fat	3.00	g	Carbohydrates	17.83	g	Vitamin A	256.8	IU	Water¹	*22.50*	g	*0.00%* Calories from Trans Fat
Trans Fat¹	*0.00*	g	Dietary Fiber	1.63	g	Vitamin C	0.5	mg	Ash¹	*0.97*	g	53.87% Calories from Carbohydrates
												13.29% 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

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Allergens							
Milk	**Egg**	**Peanut**	**Tree Nut**	**Fish**	**Shellfish**	**Soy**	**Wheat**
YES	**YES**	NO	NO	NO	NO	NO	**YES**
YES = Present NO = Absent ? = Undefined							