



# 000581 - CORNBREAD, WG

Source: CHEF V

Number of Portions: 42

Size of Portion: EACH

## **Components:**

Meat/Alt:

Grains: 1 oz

Fruit:

Vegetable:

Milk:

## **Recipe Subgroups:**

Whole Grain Rich

## **Attributes:**

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	<b>To Cook:</b> 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, salt, 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.
		4. Add the wet ingredients to the dry ingredients, and 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.  <b>CCP: No bare-hand contact of any exposed cooked or ready-to-eat food.</b>

\*Nutrients are based upon 1 Portion Size (EACH)

Calories	116 kcal	Cholesterol	23 mg	Protein	2.90 g	Calcium	65.34 mg	33.39%	Calories from Total Fat
Total Fat	4.31 g	Sodium	153 mg	Vitamin A	43.1 RE	Iron	0.76 mg	18.37%	Calories from Saturated Fat
Saturated Fat	2.37 g	Carbohydrates	17.52 g	Vitamin A	148.3 IU	Water <sup>1</sup>	*20.15* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	1.55 g	Vitamin C	0.2 mg	Ash <sup>1</sup>	*0.88* g	60.33%	Calories from Carbohydrates
								9.99%	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

<sup>1</sup> - denotes optional nutrient values

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