



## 000645 - PUMPKIN MUFFINS, WHOLE GRAIN

Source: CHEF V

Number of Portions: 12

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
051432 FLOUR, ALL PURPOSE, ENRICHED, UNBLEACHED...	1 cup	<b>To Cook:</b> 1. Preheat oven to 350 F. 2. Whisk flours, spices, salt and baking soda in a large bowl.
051433 FLOUR, WHOLE WHEAT.....	1 cup	
002011 CLOVES,GROUND.....	1/8 tsp	
002010 CINNAMON,GROUND.....	1 tsp	
002021 GINGER,GROUND.....	1/2 tsp	
902826 SALT, KOSHER.....	1/2 tsp	3. Whisk sugars, eggs, oil, and pumpkin in another bowl. 4. Add wet ingredients to dry, stirring batter until just combined 5. Using a #16 scoop, divide batter into sprayed muffin pan. 6. Bake at 350 F for approximately 16-18 minutes or until a toothpick inserted in center of muffins comes out clean.
018372 LEAVENING AGENTS,BAKING SODA.....	3/4 tsp	
019335 SUGARS,GRANULATED.....	1/2 cup	
901530 SUGARS,BROWN,LIGHT.....	1/2 CUP (packed)	
001123 EGG,WHOLE,RAW,FRESH.....	2 large	
004698 OIL, CANOLA.....	1/2 cup	<b>CCP: No bare-hand contact of any exposed cooked or ready-to-eat food.</b>
011424 PUMPKIN,CND,WO/SALT.....	1 cup	

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

Calories	243 kcal	Cholesterol	31 mg	Protein	3.70 g	Calcium	25.14 mg	39.00%	Calories from Total Fat
Total Fat	10.55 g	Sodium	193 mg	Vitamin A	*466.4* RE	Iron	1.38 mg	3.65%	Calories from Saturated Fat
Saturated Fat	0.99 g	Carbohydrates	34.56 g	Vitamin A	*3224.5* IU	Water <sup>1</sup>	*24.87* g	*0.33%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.09* g	Dietary Fiber	2.06 g	Vitamin C	0.9 mg	Ash <sup>1</sup>	*0.62* g	56.80%	Calories from Carbohydrates
								6.09%	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
NO	YES	NO	NO	NO	NO	NO	YES
YES = Present   NO = Absent   ? = Undefined							