



## 000635 - BANANA MUFFINS

Source: CARO,KATHRYN,V

Number of Portions: 12

Size of Portion: EACH

### Components:

Meat/Alt:  
 Grains: 1.25 oz  
 Fruit:  
 Vegetable:  
 Milk:

### Recipe Subgroups:

Whole Grain Rich

### Attributes:

HACCP Process: No HACCP Process

Ingredients	Measures	Instructions
051434 FLOUR, WHOLE WHITE WHEAT..... 051432 FLOUR, ALL PURPOSE, ENRICHED, UNBLEACHED... 018372 LEAVENING AGENTS,BAKING SODA..... 002047 SALT, TABLE.....	1 cup 1 cup 3/4 tsp 1/2 tsp	<b>To Cook:</b> 1. Preheat oven to 350 F. 2. Whisk all dry ingredients in a large bowl.
019335 SUGARS,GRANULATED..... 019334 SUGARS,BROWN..... 050430 EGGS, WHOLE, FROZEN, PASTEURIZED, RAW..... 004698 OIL, CANOLA..... 002050 VANILLA EXTRACT.....	1/2 cup 1/4 CUP (packed) 2 large egg 1/2 cup 1 tsp	3. Whisk sugars, oil, vanilla and eggs in another bowl.
009040 BANANAS,RAW.....	1 CUP (mashed)	4. Add mashed bananas to wet ingredients 5. Add wet ingredients to dry, stirring batter just until combined . 6. Using a #16 scoop, divide batter in a sprayed muffin pan. 7. Bake at 350 degrees for approximately 18 minutes or until a toothpick inserted in center of muffins comes out clean.
		<b>CCP: No bare-hand contact of any exposed cooked or ready-to-eat food.</b> <b>Notes:</b> Consider adding chocolate chips for a fun treat!

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

Calories	236 kcal	Cholesterol	31 mg	Protein	3.66 g	Calcium	14.61 mg	40.21% Calories from Total Fat
Total Fat	10.54 g	Sodium	191 mg	Vitamin A	*10.4* RE	Iron	1.08 mg	3.72% Calories from Saturated Fat
Saturated Fat	0.97 g	Carbohydrates	32.49 g	Vitamin A	*58.3* IU	Water <sup>1</sup>	*14.30* g	*0.34%* Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.09* g	Dietary Fiber	1.82 g	Vitamin C	1.6 mg	Ash <sup>1</sup>	*0.54* g	55.08% Calories from Carbohydrates
								6.21% 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							