

Cornbread (Calcasieu)

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Recipe

Recipe: 000015 CORNBREAD
 Recipe Source: LCM CALCASIEU
 Recipe Group: BREAD/ROLLS/STARCH

Recipe HACCP Process:

Alternate Recipe Name:
 Number of Portions: 50
 Size of Portion: 2 oz

051424 FLOUR, WHITE, WHEAT, ALL PURPOSE, ENRICHED,..... 050389 CORNMEAL, ENRICHED, YELLOW, DEGERMED..... 019335 SUGARS, GRANULATED..... 002047 SALT, TABLE..... 001092 MILK, DRY, NONFAT, INST, W/ VIT A..... 004044 OIL, SOYBN, SALAD OR COOKING..... 050430 EGGS, WHOLE, FROZEN, PASTEURIZED, RAW..... 014411 WATER, TAP, DRINKING..... 018369 LEAVENING AGENTS, BAKING PDR, DOUBLE-ACTING, NA.....	2 LB 2 LB 1 CUP + 1/2 CUP 2 TSP + 1/2 TSP 2 CUP + 5/8 CUP 1 CUP 1 CUP + 1/4 CUP 32 OZ + 3 1/2 cup (8 fl oz) 73 5/8 GRAM	CCP: Heat to 135° F or higher. CCP: Hold for hot service at 135° F or higher
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*Nutrients are based upon 1 Portion Size (2 oz)

Calories	218 kcal	Cholesterol	23.18 mg	Sugars	7.88 g	Calcium	138.09 mg	22.57%	Calories from Total Fat
Total Fat	5.46 g	Sodium	303.62 mg	Protein	5.21 g	Iron	1.92 mg	3.93%	Calories from Saturated Fat
Saturated Fat	0.95 g	Carbohydrates	36.66 g	Vitamin A	155.74 IU	Water ¹	34.91 g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	1.20 g	Vitamin C	0.20 mg	Ash ¹	1.61 g	67.35%	Calories from Carbohydrates
								9.57%	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
² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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Miscellaneous		Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt.....	oz		Y - Milk	N - Peanut	
Grain.....	2.000 oz		Y - Egg	N - Tree Nut	
Fruit.....	cup		Y - Soy	N - Fish	
Vegetable.....	cup		Y - Wheat	N - Shellfish	
Milk.....	cup				
Moisture & Fat Change					
Moisture Change.	0%				
Fat Change.....	0%				
Type of Fat.....					

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	051424	FLOUR, WHITE, WHEAT, ALL PURPOSE, ENR			
I	050389	CORNMEAL, ENRICHED, YELLOW, DEGERME			
I	019335	SUGARS, GRANULATED			
I	002047	SALT, TABLE			
I	001092	MILK, DRY, NONFAT, INST, W/ VIT A			
I	004044	OIL, SOYBN, SALAD OR COOKING			
I	050430	EGGS, WHOLE, FROZEN, PASTEURIZED, RA			
I	014411	WATER, TAP, DRINKING			
I	018369	LEAVENING AGENTS, BAKING PDR, DOUBLE-A			

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