IOWA DEPARTMENT OF EDUCATION

Recipe: 001930 MAPLE MUFFINS modified
Recipe Source: HOME BAKING
Recipe Group: BREAKFAST

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
Number of Portions: 12
Size of Portion: EACH

051434 FLOUR, WHOLE WHEAT.....	1 1/2 CUP
019335 SUGARS,GRANULATED.....	1/2 CUP
009019 APPLESAUCE,CND,UNSWTND,WO/ADDED VIT C (INCLUD...	2 TBSP
051432 FLOUR, ALL PURPOSE, ENRICHED, UNBLEACHED.....	1/2 CUP
001123 EGG,WHOLE,RAW,FRESH.....	1 medium
903641 SOUR CREAM AE.....	1/2 CUP
018369 BAKING PDR,DOUBLE-ACTING,NA.....	2 1/2 TSP
018372 BAKING SODA.....	1/4 TSP
001085 MILK,NONFAT,FLUID,W/ VIT A (FAT FREE OR SKIM).....	1/2 CUP
019353 SYRUPS,MAPLE.....	1/4 CUP
990028 SALT,TABLE.....	1/4 TSP
004678 OIL,VEG,NATREON CANOLA,HI STABILITY,NON TRANS.....	2 TBSP

*Nutrients are based upon 1 Portion Size (EACH)

Calories	171	kcal	Cholesterol	20.51	mg	Sugars	*14.02*	g	Calcium	*97.01*	mg	26.98%	Calories from Total Fat
Total Fat	5.12	g	Sodium	198.02	mg	Protein	*3.33*	g	Iron	*0.97*	mg	7.96%	Calories from Saturated Fat
Saturated Fat	1.51	g	Carbohydrates	29.42	g	Vitamin A	109.70	IU	Water[1]	*16.52*	g	*0.09%*	Calories from Trans Fat
Trans Fat[2]	*0.02*	g	Dietary Fiber	1.76	g	Vitamin C	0.03	mg	Ash[1]	*0.96*	g	68.86%	Calories from Carbohydrates
												7.80%	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					? - Milk
Grain.....	oz					? - Egg
Fruit.....	cup					? - Peanut
Vegetable.....	cup					? - Tree Nut
Milk.....	cup					? - Fish
Moisture & Fat Change						? - Shellfish
Moisture Change.	0%					? - Soy
Fat Change.....	0%					? - Wheat
Type of Fat.....						

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	051434	FLOUR, WHOLE WHEAT			
I	019335	SUGARS,GRANULATED			
I	009019	APPLESAUCE,CND,UNSWTND,WO/ADDED VI			
I	051432	FLOUR, ALL PURPOSE, ENRICHED, UNBLEAC			
I	001123	EGG,WHOLE,RAW,FRESH			
I	903641	SOUR CREAM AE			
I	018369	BAKING PDR,DOUBLE-ACTING,NA			
I	018372	BAKING SODA			
I	001085	MILK,NONFAT,FLUID,W/ VIT A (FAT FREE OR			
I	019353	SYRUPS,MAPLE			
I	990028	SALT,TABLE			
I	004678	OIL,VEG,NATREON CANOLA,HI STABILITY,NO			

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