

Chef Brenda, RDN

Recipe: 000212 Cray Cray Cran-Sausage Muffins

Recipe Source: ISDE
 Recipe Group: BREAKFAST

Recipe HACCP Process:

Alternate Recipe Name:
 Number of Portions: 100
 Size of Portion: 1 Muffin

902492 USDA (P) Pork Sausage Pattie #3750+..... 902468 USDA Eggs, Pasteurized, Whole 100046+.....	4 LB 1 7/8 CUP	Preheat convection oven to 325°F. PREPARE INGREDIENTS: Ensure sausage and eggs are completely thawed. PREPARE SAUSAGE: Grind sausage into small chunks/ crumbles using a meat grinder or food processor.
902466 USDA Flour, Whole Wheat 100410+..... 020022 CORNMEAL,DEGERMED,ENR,YEL..... 019335 SUGARS,GRANULATED..... 002038 SAGE,GROUND..... 002026 ONION POWDER..... 902482 BAKING POWDER..... 018372 LEAVENING AGENTS,BAKING SODA..... 002047 SALT, TABLE..... 902474 Yogurt, Plain, Fat Free..... 001082 MILK,LOWFAT,FLUID,1% MILKFAT,W/ VIT A.... 902451 USDA Oil, Vegetable, 1 Gal 100439+..... 902462 Dried Cranberries.....	3 1/2 LB 2 3/4 LB 1 1/2 LB 3 TBSP 3 TBSP 3 TBSP 1 TBSP + 1 TSP 1 TBSP + 1 TSP 5 1/2 CUP 5 1/2 CUP 1 QT 1 7/8 LB	PREPARE MUFFIN DOUGH: In a large bowl, combine flour, cornmeal, sugar, sage, onion powder, baking powder, baking soda, and salt. In a large mixer, using the whisk attachment, combine yogurt, milk, oil, and eggs into a smooth mixture. With the mixer on slow, gradually add flour and cornmeal mixture. Add sausage crumbles and cranberries, mixing until incorporated well into the dough. Do not over-mix.
		COOK MUFFINS: Place paper muffin cups in muffin pans and spray the inside of each cup with cooking spray. Divide batter among 100 muffin cups by using a #12 scoop (1/3 cup). Bake 12-15 minutes or until muffins are golden brown and internal temperature reaches 165°F. NOTE: Be aware that these muffins contain sausage, so meat/high protein food HACCP safety rules must be followed.

*Nutrients are based upon 1 Portion Size (1 Muffin)

Calories	260 kcal	Cholesterol	31.08 mg	Sugars	*7.70* g	Calcium	*64.29* mg	43.57%	Calories from Total Fat
Total Fat	12.57 g	Sodium	310.91 mg	Protein	8.26 g	Iron	*1.45* mg	8.16%	Calories from Saturated Fat
Saturated Fat	2.36 g	Carbohydrates	30.50 g	Vitamin A	*82.55* IU	Water ¹	*13.48* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	2.26 g	Vitamin C	*0.20* mg	Ash ¹	*0.49* g	46.97%	Calories from Carbohydrates
								12.72%	Calories from Protein

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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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.

<u>Miscellaneous</u>	<u>Attributes</u>	<u>Allergens Present</u>	<u>Allergens Absent</u>	<u>Allergens Unidentified</u>
Meat/Alt..... 0.5 oz				? - Milk
Grain..... 1.75 oz				? - Egg
Fruit..... 0.125 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	902492	USDA (P) Pork Sausage Pattie #3750+			
I	902468	USDA Eggs, Pasteurized, Whole 100046+			
I	902466	USDA Flour, Whole Wheat 100410+			
I	020022	CORNMEAL,DEGERMED,ENR,YEL			
I	019335	SUGARS,GRANULATED			
I	002038	SAGE,GROUND			
I	002026	ONION POWDER			
I	902482	BAKING POWDER			
I	018372	LEAVENING AGENTS,BAKING SODA			
I	002047	SALT, TABLE			
I	902474	Yogurt, Plain, Fat Free			
I	001082	MILK,LOWFAT,FLUID,1% MILKFAT,W/ VIT A			
I	902451	USDA Oil, Vegetable, 1 Gal 100439+			
I	902462	Dried Cranberries			

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