

# Chef Brenda, RDN

**Recipe: 000309 Sweet Raistato Muffins**

Recipe Source: ISDE  
 Recipe Group: BREAKFAST

**Recipe HACCP Process: #1 No Cook**

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

902468 USDA Eggs, Pasteurized, Whole 100046+..... 902454 USDA Sweet Potatoes, light syrup, LS 100317+....	1 3/4 CUP 12 1/2 CUP	Preheat convection oven to 325°F.  PREPARE INGREDIENTS: Thaw eggs completely in the refrigerator. Drain sweet potatoes.  PREPARE SWEET POTATOES: In a mixer, using the whisk attachment, mash enough canned sweet potatoes to equal 12 ½ cups (per 100 servings). Mash well, leaving no chunks. Option: Add 1 cup of milk per 12 ½ cups of sweet potatoes if needed.  NOTE: Sweet potatoes should equal 1/8 cup per serving/muffin. Based on our yield study during recipe testing, one #10 can of USDA sweet potatoes #100317 yields approximately 4½ to 5 cups mashed sweet potatoes.
001082 MILK,LOWFAT,FLUID,1% MILKFAT,W/ VIT A..... 902451 USDA Oil, Vegetable, 1 Gal 100439+..... 019296 HONEY..... 902467 USDA Oats, Rolled, Quick 100467+..... 902466 USDA Flour, Whole Wheat 100410+..... 002035 PUMPKIN PIE SPICE..... 902482 BAKING POWDER..... 018372 LEAVENING AGENTS,BAKING SODA..... 002047 SALT,TABLE..... 050379 RAISINS, SEEDLESS, NOT PACKED.....	7 CUP 2 1/4 CUP 3 CUP 1 1/2 LB 2 3/8 LB 1/4 CUP 3 TBSP 3 TBSP 1 1/2 TBSP 12 1/2 CUP	PREPARE MUFFIN DOUGH: In the mixer, add eggs, milk, oil, and honey, mix well. Turn mixer off and scrape sides and bottom of the bowl with a spatula. Add oats, flour, pumpkin spice, baking powder, baking soda, and salt. Mix until moistened. Turn mixer off and scrape sides and bottom of the bowl with a spatula. Mix in raisins until well incorporated.
		COOK MUFFINS: Place muffin paper cups in muffin pans and spray the inside of each cup with cooking spray. Evenly divide batter among 100 muffin cups using an even #10 scoop(3/8 cup). Bake 15-25 minutes or until muffins are done. NOTE: Muffins will be very moist.

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

Calories	209 kcal	Cholesterol	16.61 mg	Sugars	*9.26* g	Calcium	44.92 mg	25.98%	Calories from Total Fat
Total Fat	6.04 g	Sodium	249.77 mg	Protein	3.63 g	Iron	7.00 mg	4.46%	Calories from Saturated Fat
Saturated Fat	1.04 g	Carbohydrates	38.59 g	Vitamin A	2229.38 IU	Water <sup>1</sup>	*17.12* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	2.75 g	Vitamin C	3.17 mg	Ash <sup>1</sup>	*0.58* g	73.74%	Calories from Carbohydrates
								6.93%	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.**

# Chef Brenda, RDN

\*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  
<sup>2</sup> - 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..... oz				? - Milk
Grain..... 1 oz				? - Egg
Fruit..... 0.25 cup				? - Peanut
Vegetable..... cup				? - Tree Nut
Milk..... cup				? - Fish
<b>Moisture &amp; Fat Change</b>				? - 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	902468	USDA Eggs, Pasteurized, Whole 100046+			
I	902454	USDA Sweet Potatoes, light syrup, LS 100317+			
I	001082	MILK,LOWFAT,FLUID,1% MILKFAT,W/ VIT A			
I	902451	USDA Oil, Vegetable, 1 Gal 100439+			
I	019296	HONEY			
I	902467	USDA Oats, Rolled, Quick 100467+			
I	902466	USDA Flour, Whole Wheat 100410+			
I	002035	PUMPKIN PIE SPICE			
I	902482	BAKING POWDER			
I	018372	LEAVENING AGENTS,BAKING SODA			
I	002047	SALT, TABLE			
I	050379	RAISINS, SEEDLESS, NOT PACKED			

**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.