

Cornbread



Servings:	100.00	Category:	Grain
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12116

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WHOLE WHEAT FLOUR STONE GROUND	1 1/2 Quart		330094
CORNMEAL WHT SELF RISING 25 GENM	1 5/8 Quart	BAKE Refer to your desired recipe or formula for preparation instructions.	198060
SUGAR CANE GRANUL	1 Pint		108642
BAKING POWDER DBL ACTION 6-5 RDSTR	1 Ounce		683700
SALT IODIZED	1 Tablespoon		108286
EGG WHL LIQ	1 1/4 Cup		284122
MILK PWD INST FF	1 3/4 Quart		113336
OIL CANOLA	1 Cup		330252
PEPPERS RED DCD 3/8IN	1 Pint 1 Cup (3 Cup)		581992
CORN WHL KERNEL R/SOD 6-10 P/L	1 Pint 1/2 Cup (2 1/2 Cup)		222011

Preparation Instructions

Directions:

Combine flour, cornmeal, sugar, baking powder, and salt in a commercial mixer (batch as needed). Using a paddle attachment, mix for 1 minute on low speed.

Combine eggs, milk, and oil in a large bowl. Stir well.

Add egg mixture to dry ingredients. Mix until dry ingredients are moistened. DO NOT OVERMIX.

For 50 servings, mix for 2-3 minutes on medium speed. For 100 servings, mix for 2-3 minutes on medium speed.

Pour batter on a sheet pan lightly coated with pan release spray.

For 50 servings, pour 4 lb 8 oz (1 qt 3 1/2 cups) batter on 1 half-sheet pan (18" x 13" x 1"). For 100 servings, pour 9 lb (3 qt 3 cups) batter on 1 full sheet pan (18" x 26" x 1").

Bake until lightly browned:

Conventional oven: 400 °F for 30-35 minutes. Convection oven: 350 °F for 20-25 minutes.

Remove from oven. Cool for 10 minutes.

Portion:

For 50 servings, cut each pan 5 x 10 (50 pieces per pan). For 100 servings, cut each pan 10 x 10 (100 pieces per pan).

Variation: Add peppers and corn to step 3. Continue with step 4.

Notes:

- 1: *See Marketing Guide for purchasing information on foods on that will change during preparation or when a variation of the ingredients is available.
- 2: Cooking Process #2: Same Day Service
- 3: Serving
- 4: NSLP Crediting Information: 1 piece provides 1 oz equivalent grains.
- 5: CACFP Crediting Information: 1 piece provides 1 serving grains/bread.

Meal Components (SLE)

Amount Per Serving	
Meat	0.124
Grain	2.091
Fruit	0.000
GreenVeg	0.000
RedVeg	0.030
OtherVeg	0.000
Legumes	0.000
Starch	0.025

Nutrition Facts

Servings Per Recipe: 100.00			
Serving Size: 1.00 Serving			
Amount Per Serving			
Calories		118.39	
Fat		0.98g	
SaturatedFat		0.16g	
Trans Fat*		0.00g	
Cholesterol		13.74mg	
Sodium		315.76mg	
Carbohydrates		22.21g	
Fiber		1.57g	
Sugar		8.85g	
Protein		5.35g	
Vitamin A	121.84IU	Vitamin C	7.55mg
Calcium	141.92mg	Iron	0.81mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available