

Pumpkin Muffin Squares



Servings:	100.00	Category:	Grain
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17623
School:	Certification High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WHOLE WHEAT FLOUR STONE GROUND	2 Quart		330094
FLOUR BRD BLCHD SEAL OF 50 ARDENT	1 5/8 Quart		284351
BAKING POWDER	1 Fluid Ounce		361032
BAKING SODA	1 1/4 Tablespoon		513849
SALT IODIZED	1 1/4 Tablespoon		108286
SPICE CINNAMON GRND	1 Fluid Ounce 5/8 Tablespoon (2 5/8 Tablespoon)		224723
SPICE NUTMEG GRND	2 Teaspoon		224944
SPICE GINGER GRND	2 Teaspoon		513695
SUGAR BROWN MED	1 5/8 Quart		580449
OIL CANOLA	1 Pint 1 Cup (3 Cup)		330252
EGG WHL LIQ W/CITRIC	5/8 Cup		874302

Description	Measurement	PrepInstructions	DistPart#
EGG LIQ SUB FF CHOLEST FR 15-2 GCHC	1 1/4 Cup		762841
EXTRACT VANILLA PURE	1 Fluid Ounce 5/8 Tablespoon (2 5/8 Tablespoon)		513873
PUMPKIN FCY	2 1/4 Quart		186244
RAISINS DRD GOLDEN	10 Ounce		559970

Preparation Instructions

Directions:

Place flour, baking powder, baking soda, salt, cinnamon, nutmeg, and ginger in a commercial mixer (batch as needed). Using a paddle attachment, mix on low speed for 1 minute. Leave dry ingredients in mixer. Set aside for step 4.

Combine sugar and oil in a large bowl.

Add eggs and vanilla extract. Stir well.

Combine egg mixture with dry ingredients. Mix for 3-5 minutes on low speed. Batter will be lumpy. DO NOT OVERMIX.

Fold in pumpkin and raisins. Stir well.

Pour 2 qt (about 5 lb 10 oz) batter into a half steam table pan (12" x 10" x 2 1/2") lightly coated with pan release spray.

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Bake until golden brown:

Conventional oven: 350 °F for 40-45 minutes. Convection oven: 325 °F for 35-40 minutes.

Portion: Cut each pan 5 x 5 (25 pieces per pan). Serve 1 piece (2" x 3 3/4" square).

Notes:

1: *See Marketing Guide for purchasing information on foods 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/SBP 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	0.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		130.29	
Fat		0.55g	
SaturatedFat		0.11g	
Trans Fat*		0.00g	
Cholesterol		5.98mg	
Sodium		218.85mg	
Carbohydrates		29.51g	
Fiber		1.86g	
Sugar		15.55g	
Protein		3.21g	
Vitamin A	0.00IU	Vitamin C	0.09mg
Calcium	28.70mg	Iron	0.91mg

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

Nutrition - Per 100g

No 100g Conversion Available