

Blueberry Muffin



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-51081

Ingredients

Description		Measurement	Prep Instructions	DistPart #
EGG WHL LIQ W/CITRIC	32 Ounce		36 3/8 ounces	431491
SUGAR CANE GRANUL	48 Ounce		63 5/8 ounces	425311
YOGURT GRK PLN N/F	9 Cup		2 quarts, 1 cup, 1 tablespoon, 1 1/2 tsp.	398331
FLAVORING VANILLA IMIT	3 Teaspoon			110736
OIL SALAD CANOLA NT	3 Cup			393843
White Whole Wheat Flour	92 Ounce		5 sounds, 10 ounces, 25 7/8 grams	411839
BAKING POWDER	4 Tablespoon 1 Teaspoon (4 1/2 Tablespoon)			361032
SALT SEA	4 Tablespoon 1 Teaspoon (4 1/2 Tablespoon)			748590
BLUEBERRY IQF	40 Ounce			166720

Description	Measurement	Prep Instructions	DistPart #
BAKING SODA	2 Teaspoon		513849

Preparation Instructions

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Pre-heat oven to 350 °F.

Mix sugar and eggs together until mixture changes to a light/pale yellow color.

Add yogurt, lemon juice, vanilla, oil, baking powder, salt, and baking soda to sugar-egg mixture and combine until just incorporated.

Fold in the blueberries with a spatula.

* Important* Do not add the blueberries to the stand mixer, only fold into muffin mixture after all other ingredients have been incorporated. That will prevent the blueberries from being crushed and coloring the muffin batter blue.

Use #12 scoop (Green) for for muffin batter to fill muffin tins.

Bake at 350 °F for 15-20 minutes or until tops are evenly golden brown.

Recipe Notes

Crediting: One muffin provides 1.5 ounce Grains

From Irlena Peñaloza, Nutrition and Wellness Supervisor of Child Nutrition:

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.500
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 Each

Amount Per Serving			
Calories		151.51	
Fat		6.84g	
SaturatedFat		0.48g	
Trans Fat*		0.00g	
Cholesterol		0.75mg	
Sodium		428.38mg	
Carbohydrates		21.21g	
Fiber		1.16g	
Sugar		15.66g	
Protein		3.29g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	49.12mg	Iron	0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes
**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available