

Homemade Blueberry Muffin

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-57761
School:	Tri-County Jr./Sr. High School		

Ingredients

Description	Measurement	DistPart #
EGG WHL LIQ W/CITRIC	36 3/8 Ounce	533165
SUGAR BEET GRANUL	63 5/8 Ounce	108588
YOGURT GRK PLN N/F	2 1/4 Quart	398331
LEMON JUICE 100%	1 1/8 Cup	311227
FLAVORING VANILLA IMIT 1-QT KE	3 Tablespoon	110736
OIL SALAD VEG SOY CLR NT	3 Cup	292702
FLOUR WHOLE WHEAT STONE GROUND	5 3/4 Pound	330094
BAKING POWDER	6 Tablespoon	361032
SALT IODIZED	4 1/2 Tablespoon	125557
BAKING SODA	2 1/2 Teaspoon	513849
Free-Flow Cultivated Blueberries, Grade A, IQF, 30 Lb Bag	2 1/2 Pound	119873

Preparation Instructions

1. Pre-heat oven to 350 degrees F.
 2. Mix sugar and eggs together until mixture changes to a light/pale yellow color.
 3. Add yogurt, lemon juice, vanilla, oil, baking powder, salt, and baking soda to sugar-egg mixture and combine until just incorporated.
 4. 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.
5. Use #12 scoop (green) for muffin batter to fill muffin tins.
 6. Bake at 350 degrees F for 15-20 minutes or until tops are evenly golden brown.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	1.500
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	254.28
Fat	8.58g
Saturated Fat	1.41g
Trans Fat	0.00g
Cholesterol	41.90mg
Sodium	484.20mg
Carbohydrates	38.49g
Fiber	3.08g
Total Sugar	19.88g
Added Sugar	18.05g
Protein	7.63g
Vitamin A 0.00mcg	Vitamin C 0.92mg
Calcium 71.20mg	Iron 1.18mg

Nutrition - Per 100g

Calories	384.10
Fat	12.96g
Saturated Fat	2.13g
Trans Fat	0.00g
Cholesterol	63.30mg
Sodium	731.41mg
Carbohydrates	58.14g
Fiber	4.65g
Total Sugar	30.03g
Added Sugar	27.27g
Protein	11.53g
Vitamin A 0.00mcg	Vitamin C 1.39mg
Calcium 107.55mg	Iron 1.78mg