

# Homemade Blueberry Muffin

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

## Ingredients

Description	Measurement	Prep Instructions	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

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	1.500
<b>Fruit</b>	0.074
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

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

## Nutrition - Per 100g

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