

# Des Moines Public Schools

Child Nutrition Programs

## Recipe Listing

### (CNC909) - Egg-A-Doodle-Do Muffin, CNC

**Category** Bread  
**Source** Des Moines Process 2 Recipe

**Yield** 800 PORTIONS      **All**      **EACH PORTION:** 1 Muffin

**Pan Size** 24      **Pan Count:** (20 Pans)      **Temperature:** 375 °F

Percent Total Gram Weight	Ingredients	Total Grams	Measures	Method
37.87	Eggs Whole Frozen	18144.000	40 lb	1. One day before preparation: Thaw Sausage Crumbles (All Beef) and Frozen Egg Product  2. On the day of preparation: Place Wet ingredients into mixer and mix at 1.5 speed for two minutes.  3. Add Dry ingredients (including Sausage Crumbles and Cheese) into mixing bowl and mix at 2.5 speed for two minutes.  4. Add Bowl Scraper attachment and mix at 1.0 speed for one minute.  5. Using the Batter depositor dispense 2.4 oz of product into a sprayed muffin liner. Should equal a #12 Dipper  6. Bake at 375° for 18 Mins.--using steam for 12  *** Check product at 17 Mins.----IF OVENS are running HOT.
7.28	Oil, Vegetable	3488.000	1 gal	
10.41	Milk, 1%, gallon	4989.600	11 lb	
4.73	Sugar Granulated	2268.000	5 lb	
0.47	Baking Powder	226.800	8 oz	
0.30	Bakery CA Preservative	141.750	5 oz	
0.30	Soda Baking	141.750	5 oz	
9.47	Flour, White Whole Wheat	4536.000	10 lb	
0.18	Powder Onion	85.050	3 oz	
0.59	Mustard, Gal.	283.500	10 oz	
14.20	Cheese Cheddar Shredded	6804.000	15 lb	
14.20	Sausage Crumbles (Manufactured Recipe)	6804.000	15 lb	
100				

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### Nutrition Facts:

#### Nutrition per 100g

<b>Calories:</b> 256.543	<b>Total Carbohydrates:</b> 14.203 g	Cholesterol: 165.525 mg	Vitamin A (IU): 226.525 IU
<b>Total Fat:</b> 16.595 g	Sugars: 4.74 g *	Iron: 1.515 mg	Vitamin C: 0.178 mg
Saturated Fat: 5.776 g	Dietary Fiber: 0.324 g	Sodium: 368.549 mg	Moisture: 9.782 g *
Trans Fat: 0.000g *	<b>Protein:</b> 12.446 g	Calcium: 133.579 mg	Ash: 0.837 g *

LEGEND: **blank** - indicates missing a value, **0** - indicates no nutrients, \* indicates incomplete nutrient data

#### Nutrition per serving: All, 1 Muffin (59 g)

<b>Calories:</b> 153.645	<b>Total Carbohydrates:</b> 8.506 g	Cholesterol: 99.134 mg	Vitamin A (IU): 135.667 IU
<b>Total Fat:</b> 9.939 g	Sugars: 4.74 g *	Iron: 0.907 mg	Vitamin C: 0.106 mg
Saturated Fat: 3.459 g	Dietary Fiber: 0.194 g	Sodium: 220.726 mg	Moisture: 5.858 g *
Trans Fat: 0.000g *	<b>Protein:</b> 7.454 g	Calcium: 80.001 mg	Ash: 0.501 g *

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#### Percent Calories from

Fat	58.218%
Saturated Fat	20.262%
Protein	19.406%
Carbohydrates	22.146%

#### Production Notes

#### Serving Notes

**Comments** Des Moines Public Schools