

# Recipe Prep Sheet

School District Of Greenville County



## 990262 - Zucchini Bread Muffins

Recipe HACCP Process: #2 Same Day Service

Source:

Number of Portions: 12

Portion Size: 1 Muffin

*\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient*

*\* - denotes combined nutrient totals with either missing or incomplete nutrient data*

*<sup>1</sup> - denotes required nutrient values*

*<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.*

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Ingredient #	Ingredient Name	Measurements	Instructions
900597	Flour, All-Purpose, SYSCO	2 3/4 CUP	<p style="color: red; font-weight: bold;">Wash hands for 20 seconds in a hand sink, dry properly, and put on gloves before beginning preparation. Repeat process as often as needed per HACCP guidelines.</p> <p><b>Directions:</b></p> <ol style="list-style-type: none"> <li>1. Preheat the oven to 350 degrees Fahrenheit</li> <li>2. Line muffin tins with cupcake liners (or spray well with pan spray)</li> <li>3. In a large bowl, sift together the flour, cinnamon, baking soda, baking powder, salt, and nutmeg.</li> <li>4. In a separate bowl, mix the eggs, sugar, vanilla, melted butter, and shredded zucchini together; set aside.</li> <li>5. Combine the wet and dry ingredients until just combined, do not over mix</li> <li>6. Spoon into the prepared muffin cups, about 3/4 full</li> <li>7. Bake 20-25 minutes, turning halfway through, in the preheated oven, until a toothpick inserted in the center of a muffin comes out clean.</li> <li style="color: red; font-weight: bold;">8. Product must reach an internal temperature of 140°F for 15 seconds.</li> <li>9. Cool 10 minutes before turning out onto wire racks to cool completely</li> </ol> <p><b>Serving: 1 muffin</b></p> <p><b>*TCS Food</b></p>
903491	Baking Soda SYS	1 tsp	
900418	Vanilla Extract, Imitation, Diacryls SYS	2 tsp	
902449	ZUCCHINI SQUASH RAW GREEN	3 CUP	
002010	CINNAMON, GROUND	2 TSP	
900355	Sugar, White Granulated Cane, SYSCO	1 1/2 cup	
903551	Baking Powder Double Acting, SYS	1 tsp	
002047	SALT, TABLE	1/4 tsp	
900605	Butter, without salt	6 oz	
990419	Egg, shell	2 each	
903543	Spice, Nutmeg, Ground, SYS	1/2 tsp	

\*Nutrients are based upon 1 Portion Size (1 Muffin)

Calories <sup>1</sup>	306.308 kcal	Total Fat	12.371 g	Total Dietary Fiber	1.487 g	Vitamin C	0.016 mg	36.348% Calories from Total Fat
Saturated Fat <sup>1</sup>	7.561 g	Trans Fat <sup>2</sup>	*0.000* g	Protein	4.113 g	Iron	1.321 mg	22.214% Calories from Sat Fat
Sodium <sup>1</sup>	226.148 mg	Cholesterol	61.306 mg	Vitamin A	475.661 IU	Water	*0.046* g	*0.000%* Calories from Trans Fat
Sugars	*24.037* g	Carbohydrate	45.181 g	Calcium	103.031 mg	Ash	*N/A* g	59.000% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.149			5.371% Calories from Protein
Type of Fat	-							

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<b>Components</b>									
Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	cup	Vegetable	cup	Milk	cup
<b>Allergens</b>									
Milk	Egg	Wheat							

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