



825070 - Cornbread

Source: K12 Culinary

Number of Portions: 100

Size of Portion: each

Alternate Recipe Name: Southern Cornbread

Components:

Meat/Alt:

Grains: 1 oz

Fruit:

Vegetable:

Milk:

Recipe Subgroups:

Whole Grain Rich

Attributes:

HACCP Process: No HACCP Process

Ingredients	Measures	Instructions
020320 CORNMEAL,WHOLE-GRAIN,WHITE..... 020081 WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEACHED... 001092 MILK,DRY,NONFAT,INST,W/ ADDED VIT A & VI..... 018369 LEAVENING AGENTS,BAKING PDR,DOUBLE-ACTIN..... 002047 SALT,TABLE.....	2 lbs + 14 ozs 2 lbs + 2 ozs 2 1/2 cups 1/2 cup 2 1/2 tsp	Spray full size sheet pan with food release. As an option, half size pans may be used. In large bowl, combine cornmeal, flour, non-fat dry milk, baking powder, and salt.
014429 BEVERAGES,H2O,TAP,MUNICIPAL..... 050430 EGGS, WHOLE, FROZEN, PASTEURIZED, RAW..... 050382 OIL, VEGETABLE, SOYBEAN, LOW SATURATED F.....	2 qts 1 lb + 8 ozs 1 1/2 cups	In a large bowl or mixer bowl, combine oil, eggs, and water. Use a whisk or whip attachment to blend. Add dry ingredients to the liquid in the bowl or mixer bowl. Whisk ingredients just until ingredients are combined. Do not overmix or cornbread will be tough and rubbery.
		Pour 1 gal. 1 qt. of cornmeal batter into each full size prepared pan or 3 qts. into every half size prepared pan. Allow batter to sit for 20 minutes prior to baking.
		Bake at 350° F for 30 minutes. Top crust should be golden brown.
		CCP: No bare hand contact with ready to eat food. Cut full size pan 10 X 10 for 1 oz eq grain serving; cut half-size pan 5 X 10 for 1 oz eq grain. Note: If a 2 oz eq grain serving is needed, cut full size pan 5 X 10 for larger portions.

*Nutrients are based upon 1 Portion Size (each)

Calories	128 kcal	Cholesterol	26 mg	Sugars	*1.0* g	Calcium	92.44 mg	31.65%	Calories from Total Fat
Total Fat	4.49 g	Sodium	199 mg	Protein	3.51 g	Iron	1.14 mg	5.73%	Calories from Saturated Fat
Saturated Fat	0.81 g	Carbohydrates	18.62 g	Vitamin A	77.3 IU	Water ¹	*21.55* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	1.21 g	Vitamin C	0.1 mg	Ash ¹	*1.24* g	58.40%	Calories from Carbohydrates
								10.99%	Calories from Protein

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

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.