



## 825363 - Cornbread: 2G

Source: K12 Culinary

Number of Portions: 50

Size of Portion: each

Alternate Recipe Name: Southern Cornbread

### Components:

Meat/Alt:

Grains: 2 oz

Fruit:

Vegetable:

Milk:

### Recipe Subgroups:

Whole Grain Rich

### Attributes:

HACCP Process: No HACCP Process

Ingredients	Measures	Instructions
020320 CORNMEAL,WHOLE-GRAIN,WHITE.....	2 lbs + 14 ozs	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.
020081 WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEACHED...	2 lbs + 2 ozs	
018369 LEAVENING AGENTS,BAKING PDR,DOUBLE-ACTIN.....	1/2 cup	
002047 SALT,TABLE.....	2 1/2 tsp	
001092 MILK,DRY,NONFAT,INST,W/ ADDED VIT A & VI.....	2 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.
014429 BEVERAGES,H2O,TAP,MUNICIPAL.....	2 qts	
050430 EGGS, WHOLE, FROZEN, PASTEURIZED, RAW.....	1 lb + 8 ozs	
050382 OIL, VEGETABLE, SOYBEAN, LOW SATURATED F.....	1 1/2 cups	
		Pour 1 gal. 1 qt. of cornmeal batter into each full size prepared pan or 3 qts. into every half size prepared pan. <b>Allow batter to sit for 20 minutes prior to baking.</b>
		Bake at 350° F. for 30 minutes. Top crust should be golden brown.
		<b>CCP: No bare hand contact with ready to eat food.</b> Cut full size pan 5 X 10 for 2 oz eq grain.

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

Calories	255 kcal	Cholesterol	51 mg	Sugars	*2.0* g	Calcium	184.88 mg	31.65%	Calories from Total Fat
Total Fat	8.97 g	Sodium	399 mg	Protein	7.01 g	Iron	2.29 mg	5.73%	Calories from Saturated Fat
Saturated Fat	1.62 g	Carbohydrates	37.25 g	Vitamin A	154.7 IU	Water <sup>1</sup>	*43.10* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	2.43 g	Vitamin C	0.2 mg	Ash <sup>1</sup>	*2.48* 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

<sup>1</sup> - denotes optional nutrient values

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