

Cornbread - USDA Recipe B90

B09

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Whole-wheat flour	1 lb	3 cups	2 lb	1 qt 2 cups	<ol style="list-style-type: none"> Combine flour, cornmeal, sugar, baking powder, and salt in a commercial mixer (batch as needed). Using a paddle attachment, mix for 1 minute on low speed.
White whole-grain cornmeal	1 lb	2 1/2 cups	2 lb	1 qt 1 cup	
Sugar	6 oz	1 cup	12 oz	2 cups	
baking powder		1/4 cup		1/3 cup 1 Tbsp	
Salt		1 1/2 tsp		1 Tbsp	
Frozen whole eggs, thawed	6 oz	2/3 cup	12 oz	1 1/3 cups	<ol style="list-style-type: none"> Combine eggs, milk, and oil in a large bowl. Stir well.
Nonfat milk		3 1/2 cups		1 qt 3 cups	
Canola oil		1/2 cup		1 cup	<ol style="list-style-type: none"> Add egg mixture to dry ingredients. Mix until dry ingredients are moistened. DO NOT

4. Pour batter on a sheet pan lightly coated with pan release spray.
5. Bake until lightly browned:
6. Remove from oven. Cool for 10 minutes.
7. Portion:

Variation: Fresh red and green bell peppers, diced 1/4"	8 oz	1 1/2 cups	1 lb	3 cups
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8. Variation: Add peppers and corn to step 3. Continue with step 4.

Canned low-sodium corn, drained, rinsed	8 oz	1 1/4 cups	1 lb	2 1/2 cups
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Notes

*See Marketing Guide for purchasing information on foods on that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service

Serving

NSLP Crediting Information: 1 piece provides 1 oz equivalent grains.

CACFP Crediting Information: 1 piece provides 1 serving grains/bread.

Serving	Yield	Volume
See Notes	<p>50 Servings: about 4 lb 1 oz</p> <p>100 Servings: about 8 lb 2 oz</p>	<p>50 Servings: about 2 quarts 1/2 cup / 1 half sheet pan (18" x 13" x 1")</p> <p>100 Servings: about 1 gallon 1 cup / 1 full sheet pan (18" x 26" x 1")</p>

Nutrients Per Serving					
Calories	107	Saturated Fat		Iron	
Protein	3 g	Cholesterol	14 mg	Calcium	40 mg
Carbohydrate	18 g	Vitamin A	53 IU	Sodium	173 mg
Total Fat	3 g	Vitamin C		Dietary Fiber	2 g