

Recipe Prep Sheet

Carroll County School Nutrition

900298 - PEANUT BUTTER MUFFIN

Recipe HACCP Process: #2 Same Day Service

Source:

Number of Portions: 24

Portion Size: 3 OZ

Ingredient #	Ingredient Name	Measurements	Instructions
900100	milk/1%	3 carton	No Instructions Assigned
001123	EGG,WHOLE,RAW,FRESH	8 medium	
016098	PEANUT BUTTER,SMOOTH STYLE,W/SALT	2 CUP	
903429	FLOUR, WHOLE WHEAT	2 qt	
902827	SUGARS,GRANULATED	1/2 cup	
903836	PEANUTS, ROASTED, UNSALTED, SHELLS	2 CUP	
125069	NSA Banana Applesauce	4 oz	
			mix all ingredients. Cook at 350 for 10-12 minutes

*Nutrients are based upon 1 Portion Size (3 OZ)

Calories ¹	390.175 kcal	Total Fat	19.967 g	Total Dietary Fiber	6.452 g	Vitamin C	2.516 mg	46.058% Calories from Total Fat
Saturated Fat ¹	3.992 g	Trans Fat	0.022 g	Protein	16.039 g	Iron	2.274 mg	9.209% Calories from Sat Fat
Sodium ¹	130.272 mg	Cholesterol	57.060 mg	Vitamin A	*23.467* RAE	Water	*11.434* g	0.050% Calories from Trans Fat
Total Sugars	*2.753* g	Carbohydrate	42.355 g	Calcium	80.097 mg	Ash	*0.777* g	43.422% Calories from Carbohydrates
Added Sugars	*0.000* g							
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.760			16.443% Calories from Protein
Type of Fat	-							

Components					
Meat/Meat ALT	1 oz eq	Grain	2 oz eq	Fruit	cup
		Vegetable	cup	Milk	cup

Allergens							
Peanut							

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
 † - denotes required nutrient values

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.