



000623 - ZUCCHINI MUFFINS

Source: DECATUR ISD

Number of Portions: 12

Size of Portion: EACH

Components:

Meat/Alt:

Grains: 1.75 oz

Fruit:

Vegetable:

Milk:

Recipe Subgroups:

Whole Grain Rich

Attributes:

HACCP Process: No HACCP Process

Ingredients	Measures	Instructions
051434 FLOUR, WHOLE WHITE WHEAT..... 051432 FLOUR, ALL PURPOSE, ENRICHED, UNBLEACHED... 019334 SUGARS,BROWN..... 018369 BAKING POWDER..... 002010 CINNAMON,GROUND..... 002047 SALT, TABLE.....	6 ozs 6 ozs 1 CUP (packed) 2 tsp 2 tsp 1/2 tsp	To Cook: 1. Preheat oven to 350 F. 2. Whisk all dry ingredients in a large bowl.
011477 SQUASH,SMMR,ZUCCHINI,INCL SKN,RAW..... 004044 OIL,SOYBN,SALAD OR COOKING..... 902474 MARGARINE, VENTURA, 16840..... 001151 MILK,NONFAT,FLUID,WO/ VIT A (FAT FREE OR..... 002050 VANILLA EXTRACT..... 050430 EGGS, WHOLE, FROZEN, PASTEURIZED, RAW.....	1 1/3 CUPS (SHREDDED) 1/3 cup + 2 tsp 1/4 cup 1/4 cup 2 tsp 4 ozs	3. Melt the margarine. 4. Shred zucchini. 5. Whisk zucchini, oil, melted margarine, milk, vanilla and eggs in another bowl.
		6. Add wet ingredients to dry, stirring batter just until combined (batter will appear dry). 7. Using a #16 scoop, divide batter in a sprayed muffin pan. 8. Bake at 350 degrees for 18-20 minutes or until a toothpick inserted in center of muffins comes out clean. CCP: No bare-hand contact of any exposed cooked or ready-to-eat food.
		Notes: ESC Region 11 prefers butter to margarine, but realizes it is higher in saturated fat and will alter the nutrient content. Canola oil, which contains heart healthier fats is also recommended over vegetable or soybean oil.

*Nutrients are based upon 1 Portion Size (EACH)

Calories	285 kcal	Cholesterol	35 mg	Protein	4.91 g	Calcium	85.48 mg	37.67%	Calories from Total Fat
Total Fat	11.92 g	Sodium	239 mg	Vitamin A	*48.4* RE	Iron	1.65 mg	9.61%	Calories from Saturated Fat
Saturated Fat	3.04 g	Carbohydrates	40.49 g	Vitamin A	*249.2* IU	Water ¹	*18.40* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	2.25 g	Vitamin C	2.5 mg	Ash ¹	*0.99* g	56.90%	Calories from Carbohydrates
								6.90%	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

Allergens							
Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
YES	YES	NO	NO	NO	NO	NO	YES
YES = Present NO = Absent ? = Undefined							