

CORN MUFFINS

Yield 100

Portion 1 Muffin

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
160 cal	22 g	4 g	6 g	24 mg	252 mg	95 mg

Ingredient

FLOUR,WHEAT,GENERAL PURPOSE
 CORN MEAL
 MILK,NONFAT,DRY
 SUGAR,GRANULATED
 BAKING POWDER
 SALT
 EGGS,WHOLE,FROZEN
 WATER
 OIL,SALAD
 COOKING SPRAY,NONSTICK

Weight

2-7/8 lbs
 2-3/4 lbs
 4-1/2 oz
 5-1/4 oz
 4-3/8 oz
 1 oz
 1-1/4 lbs
 6 lbs
 1-1/8 lbs
 2 oz

Measure

2 qts 2-1/2 cup
 2 qts 1 cup
 1-7/8 cup
 3/4 cup
 1/2 cup 1 tbsp
 1 tbsp
 2-1/4 cup
 2 qts 3-1/2 cup
 2-1/4 cup
 1/4 cup 1/3 tbsp

Issue

Method

- 1 Blend flour, cornmeal, milk, sugar, baking powder, and salt in mixer bowl.
- 2 Combine eggs and water; add to ingredients in mixer bowl. Blend at low speed about 1 minute. Scrape down bowl.
- 3 Add oil; mix at medium speed until blended.
- 4 Lightly spray 9-12 cup muffin pans with non-stick cooking spray. Fill each cup 2/3 full.
- 5 Bake for 15 to 20 minutes at 425 F. or at 375 F. in a convection oven for 15 minutes or until done on low fan, open vent.