

**CORN MUFFINS (CORN BREAD MIX)**

**Yield** 100

**Portion** 1 Muffin

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
189 cal	32 g	3 g	5 g	1 mg	454 mg	23 mg

**Ingredient**

CORN BREAD MIX  
 SUGAR, GRANULATED  
 COOKING SPRAY, NONSTICK

**Weight**

9 lbs  
 12-1/3 oz  
 2 oz

**Measure**

1 gal 2-2/3 qts  
 1-3/4 cup  
 1/4 cup 1/3 tbsp

**Issue**

**Method**

- 1 Prepare Cornbread Mix and combine with granulated sugar.
- 2 Lightly spray 9-12 cup muffin pans with non-stick cooking spray. Fill each cup 2/3 full.
- 3 Bake 15 to 20 minutes at 425 F. or in a 375 F. convection oven for 15 minutes or until done on low fan, open vent.