



Cornbread

USDA Recipe for CACFP

This scrumptious and slightly sweet cornbread is a southern staple created from a combination that includes whole-grain flour, cornmeal, milk, and eggs.

CACFP CREDITING INFORMATION

1 piece (about 2" x 2½") provides 1 oz equivalent grains.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Whole-wheat flour	8 oz	1½ cups	1 lb	3 cups	1 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. 2 Combine eggs, milk, and oil in a large bowl. Stir well.
White whole-grain cornmeal	8 oz	1¼ cups	1 lb	2½ cups	
Sugar	3 oz	⅓ cup 2 Tbsp	6 oz	1 cup	
Baking powder		1 Tbsp 1 tsp		¼ cup	
Salt		¾ tsp		1½ tsp	
Whole eggs, frozen, thawed	3 oz	⅓ cup	6 oz	⅔ cup	
Nonfat milk		1¾ cups		3½ cups	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Canola oil		1/4 cup		1/2 cup	<p>3 Add egg mixture to dry ingredients. Mix until dry ingredients are moistened. DO NOT OVERMIX.</p> <p>For 25 servings, mix for 1–2 minutes on medium speed. For 50 servings, mix for 2–3 minutes on medium speed.</p>
					<p>4 Pour batter on a sheet pan lightly coated with pan-release spray.</p> <p>For 25 servings, pour 2 lb 4 oz (3¾ cups) batter on 1 quarter-sheet pan (9½" x 13" x 1"). For 50 servings, pour 4 lb 8 oz (1 qt 3½ cups) on 1 half-sheet pan (18" x 13" x 1").</p>
					<p>5 Bake until lightly browned: Conventional oven: 400 °F for 30–35 minutes. Convection oven: 350 °F for 20–25 minutes.</p>
					<p>6 Remove from oven. Cool for 10 minutes.</p>
					<p>7 Portion:</p> <p>For 25 servings, cut each pan 5 x 5 (25 pieces per pan). For 50 servings, cut each pan 5 x 10 (50 pieces per pan). Serve 1 piece (about 2" x 2½").</p>
Variation: Red and green bell peppers, fresh, diced 1/4"	4 oz	¾ cup	8 oz	1½ cups	<p>8 Variation: Add peppers and corn to step 3. Continue with step 4.</p>
AND Corn, canned, low-sodium, drained, rinsed	4 oz	½ cup 2 Tbsp	8 oz	1¼ cups	



NUTRITION INFORMATION

For 1 piece (about 2" x 2½").

NUTRIENTS	AMOUNT
Calories	107
Total Fat	3 g
Saturated Fat	0 g
Cholesterol	14mg
Sodium	173 mg
Total Carbohydrate	18 g
Dietary Fiber	2 g
Total Sugars	4 g
Added Sugars included	N/A
Protein	3 g
Vitamin D	11 IU
Calcium	40 mg
Iron	0 mg
Potassium	91 mg
Meal Components	
Grains	1 oz

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

NOTES

Cooking Process #2: Same Day Service.

Meal Components: Grains.

YIELD/VOLUME

25 Servings	50 Servings
About 2 lb 0.5 oz	About 4 lb 1 oz
About 1 qt ¼ cup/1 quarter sheet pan (9½" x 13" x 1")	About 2 qt ½ cup/1 half sheet pan (18" x 13" x 1")

