

Corn Muffin Squares

Grains/Breads

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A-02A

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched all-purpose flour	8 oz	1 ¾ cups 2 Tbsp	1 lb	3 ¾ cups	<ol style="list-style-type: none"> Combine flour, cornmeal, powdered sugar, baking powder, and salt in a mixing bowl. Mix with paddle attachment for 3 minutes on low speed. Slowly add eggs and mix for 30 seconds on low speed. Scrape down sides of bowl. Slowly add milk and mix for 30 seconds on medium speed, until smooth. Add oil and mix for 30 seconds, on medium speed, until blended. Into each pan (9" x 13" x 2") which has been lightly coated with pan release spray, pour approximately 1 lb 12 oz (1 qt 1 cup) batter. For 25 servings, use 1 pan. For 50 servings, use 2 pans. Bake until golden brown: Conventional oven: 400° F for 12 minutes Convection oven: 375° F for 12 minutes Cut each pan 5 x 5 (25 pieces). Portion is 1 piece. No CCP necessary.
Yellow cornmeal	3 oz	½ cup	6 oz	1 cup	
Powdered sugar	5 oz	1 cup	10 oz	2 cups	
Baking powder		1 Tbsp		2 Tbsp	
Salt		1 ½ tsp		1 Tbsp	
Frozen whole eggs, thawed	2 oz	¼ cup	4 oz	½ cup	
OR		OR		OR	
Fresh large eggs		2 each		3 each	
Lowfat 1% milk		1 cup		2 cups	
Vegetable oil		¼ cup		½ cup	

SERVING:	YIELD:	VOLUME:
1 piece provides the equivalent of ¾ slice bread.	25 Servings: 1 lb 12 oz (batter) 50 Servings: 3 lb 8 oz (batter)	25 Servings: 1 quart 1 cup (batter) 1 pan 50 Servings: 2 quarts 2 cups (batter) 2 pans

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Nutrients Per Serving

Calories	94	Saturated Fat	0.47 g	Iron	0.65 mg
Protein	1.82 g	Cholesterol	10 mg	Calcium	55 mg
Carbohydrate	15.82 g	Vitamin A	42 IU	Sodium	192 mg
Total Fat	2.69 g	Vitamin C	0.1 mg	Dietary Fiber	0.5 g