

# Cornbread

Grains/Breads

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B-09

Ingredients	50 Servings		100 Servings		Directions	
	Weight	Measure	Weight	Measure		
Enriched all-purpose flour	1 lb	3 ¾ cups	2 lb	1 qt 3 ½ cups	1. Blend flour, cornmeal or corn grits, sugar, baking powder, and salt in mixer for 1 minute on low speed.	
Cornmeal OR Enriched corn grits	1 lb OR 1 lb	3 ¾ cups OR 2 ¾ cups	2 lb OR 2 lb	1 qt 3 ½ cups OR 1 qt 1 ½ cups		
Sugar	5 ¼ oz	¾ cup	10 ½ oz	1 ½ cups	2. Mix eggs, milk, oil, cheese (optional), and chili peppers (optional). Add to dry ingredients and blend for 30 seconds on low speed. Beat until dry ingredients are moistened for 2-3 minutes on medium speed. DO NOT OVERMIX. Batter will be lumpy.	
Baking powder		2 Tbsp 2 tsp	2 oz	⅓ cup		
Salt		1 ¼ tsp		2 ½ tsp		
Frozen whole eggs, thawed OR Fresh large eggs (see Special Tip)	5 ¼ oz	¾ cup OR 3 each	10 ½ oz	1 ¼ cups OR 6 each		
Instant nonfat dry milk, reconstituted		3 ¾ cups		1 qt 3 ½ cups		
Vegetable oil		½ cup		1 cup		
Reduced fat Cheddar cheese, shredded (optional)	12 oz	3 cups	1 lb 8 oz	1 qt 2 cups		
*Fresh green chili peppers, chopped (optional)	4 oz	¾ cup 3 Tbsp	8 oz	1 ¾ cups 2 Tbsp		
						3. Pour 4 lb 14 oz (2 qt 2 cups) batter into each half-sheet pan (18" x 13" x 1") which has been lightly coated with pan release spray. For 50 servings, use 1 pan. For 100 servings, use 2 pans.
						4. Bake until lightly browned: Conventional oven: 400° F for 30-35 minutes Convection oven: 350° F for 20-25 minutes
					5. Cut each half-sheet pan 5 x 10 (50 pieces per pan).	

## Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Green chili peppers	5 oz	10 oz

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## SERVING:

1 piece provides 1 serving of grains/breads.

## YIELD:

**50 Servings:** 4 lb 14 oz (batter)  
1 half-sheet pan

**100 Servings:** 9 lb 12 oz (batter)  
2 half-sheet pans

## VOLUME:

**50 Servings:** about 2 quarts 2 cups (batter)  
50 pieces

**100 Servings:** 1 gallon 1 quart (batter)  
100 pieces

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### Special Tip:

For 50 servings, use 1 ½ oz (½ cup) dried whole eggs and ½ cup water in place of eggs.

For 100 servings, use 3 oz (1 cup) dried whole eggs and 1 cup water in place of eggs.

## Nutrients Per Serving

<b>Calories</b>	108	<b>Saturated Fat</b>	0.45 g	<b>Iron</b>	0.90 mg
<b>Protein</b>	2.65 g	<b>Cholesterol</b>	13 mg	<b>Calcium</b>	68 mg
<b>Carbohydrate</b>	18.03 g	<b>Vitamin A</b>	51 IU	<b>Sodium</b>	151 mg
<b>Total Fat</b>	2.82 g	<b>Vitamin C</b>	0.1 mg	<b>Dietary Fiber</b>	1.0 g