

# Pear Carrot Cranberry Muffins

## GENERAL INFORMATION

Recipe # 1266150	Category Breakfast Entree 🍴	Source Local
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ACTIVE

## INGREDIENTS

Name	Quantity	Quantity 2
Wheat flour, whole-grain (Includes foods for USDA's Food Distribution Program)	12 ¾ oz.	
Wheat flour, white, all-purpose, unenriched	8 ¾ oz.	
Sugars, granulated	14 oz.	
Leavening agents, baking soda	2 ¼ tsp.	
Spices, cinnamon, ground	1 tbsp., ¼ tsp.	
Salt, table	2 ⅝ tsp.	
Carrots, raw	1 c. shredded, raw to prepared	
Cranberries, dried, sweetened (Includes foods for USDA's Food Distribution Program)	5 oz.	
Pears, Diced, Extra Light Syrup, Canned	1 c., 3 tbsp., ⅝ tsp.	
Eggs, whole, frozen, raw, pasteurized, homogenized, with color stabilizer [100046]	11 ¼ oz.	
Oil, vegetable, refined, bleached, and deodorized canola, corn, cottonseed, olive, safflower, sesame, soybean or sunflower oil or a combination. May have been 'winterized' [100439]	¾ c., 2 ⅝ tsp.	
Vanilla extract	1 ¼ tsp.	

## PREPARATION INSTRUCTIONS

HACCP Process: #2 - Same Day Service

Food prep areas, Equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking. Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.

Remove product from refrigerator using oldest pack date first.

CCP: Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This applies as well to before and after glove use. Use clean pair of gloves when handling raw product. Replace gloves after handling any other object.

Wash all raw fruits and vegetables thoroughly before combining with other ingredients including: \* Unpeeled fresh fruit and vegetables that are served whole or cut into pieces. \* Fruits and vegetables that are peeled and cut to use in cooking or served ready-to-eat.

Scrub the surface of firm fruits or vegetables such as apples or potatoes using a clean and sanitized brush designated for this purpose.

Remove any damaged or bruised areas.

1. Combine all-purpose and whole wheat flour, sugar, baking soda, cinnamon, and salt. Sift.
2. Add carrots, cranberries, and well drained diced pear to dry ingredients and mix well.
3. Whisk together eggs, oil, and vanilla until slightly lighter in color and add to other ingredients, stirring gently to combine.
4. Scoop (#12) into standard-size muffin tins with paper liners and bake at 350 degrees for 20-25 minutes.

CCP: Ensure cold food is held at a temperature below 41° F.

CORRECTIVE ACTION COLD FOOD: Any food item being served cold must be maintained at or below 41. In the event the temperature of the cold item rises above 41 it must be returned to a refrigerated or frozen atmosphere and temperature reduced to 41 or below.



## Pear Carrot Cranberry Muffins

Serving Size	Yield
1 muffin	20

## Nutrition Facts

Serving Size 1 muffin (102 gm)

Amount Per Serving	
Calories	315.619
% Daily Value*	
<b>Total Fat</b> 10.881 gm	<b>16.74 %</b>
<b>Saturated Fat</b> 1.882 gm	<b>9.409 %</b>
<b>Trans Fat</b> 0.000* gm	
<b>Cholesterol</b> 59.058 mg	<b>19.686 %</b>
<b>Sodium</b> 481.755 mg	<b>20.073 %</b>
<b>Total Carbohydrate</b> 50.983 gm	<b>16.994 %</b>
<b>Dietary Fiber</b> 3.200 gm	<b>12.801 %</b>
<b>Total Sugars</b> 26.682* gm	
<b>Includes N/A* of Added Sugars</b>	
<b>Protein</b> 5.737 gm	<b>11.473 %</b>
Vitamin A 606.393 iu	<b>12.128 %</b>
Vitamin C 0.355 mg	<b>0.591 %</b>
Vitamin D 0.000* mcg	
Calcium 23.149 mg	<b>2.315 %</b>
Iron 1.163 mg	<b>6.459 %</b>
Potassium 95.168* mg	<b>2.025 %</b>
Saturated Fat % of Calories	<b>5.366 %</b>

\* Indicates missing Nutrient Information.

^ Indicates user added nutrient.

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

WARNING: TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.

## Meal Components

**MY SCHOOL MENUS**

**IN USE AS A SUB RECIPE**

**MENUS USING THIS RECIPE**

**DATES**

**Last Updated**  
11-30-2023

**Created**  
09-16-2022

**SHOW**

Component	Measurement
Whole Grain-Rich	1.000 oz

**Allergens**

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Eggs

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Soy

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Wheat

**Attributes**

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Made from Scratch