



Mega-Cheese Muffin



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Mega-Cheese Muffin—Quick Scratch Preparation

Meal Pattern Crediting (1 serving): 0.5 Dairy M/MA, 0.5 M/MA, 1 Grain



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Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Cheddar cheese, reduced fat, reduced sodium, 1/4" dice	12 oz.	*	24 oz.	*	1. In a large bowl combine cheese, onion powder, garlic powder and muffin batter. (See photo #1)
Onion powder	7.5 g.	1 1/2 tsp.	15 g.	3 tsp.	
Garlic powder	7.5 g.	1 1/2 tsp.	15 g.	3 tsp.	
Whole wheat muffin mix, prepared	24 oz.	3 1/2 cups	48 oz.	7 cups	2. Spray a 4 oz. muffin pan with pan-release spray and place 2 tbsp. of the batter in each muffin tin. Press down evenly making a small well in the center. (See photo #2)
Pan-release spray	48 g.	to coat pan	96 g.	to coat pan	
Eggs, liquid	12 oz.	3 cups	24 oz.	6 cups	3. Place one tablespoon of egg in the well of the batter in each muffin tin. (See photo #3) 4. Top each with 1 tbsp. muffin batter. (See photo #4) Pat down slightly. 5. Bake at 375°F for 15 – 18 minutes in a conventional oven (or at 350°F for 12 – 15 minutes in a convection oven) or until golden brown and internal temperature reaches 165°F.

* For cheese, measure weight equivalent according to manufacturer instructions.

Comments
Batter can be prepped in advance and held refrigerated for up to 8 hours.
For best results, use a 4 oz. muffin pan.
Diced vegetables (such as bell peppers or broccoli) can be added to the muffin batter if desired.
For nutritional analysis, we used Simple Mornings™ muffin mix. Other brands such as General Mills also can be used successfully with this recipe.
For more flavor, a “ranch” seasoning blend may be added: (for 24 servings) 2 teaspoons each dried dill, garlic powder, and onion powder, plus 1 teaspoon dried basil.
Ground sausage may be used in place of egg, in equal amounts. (Ranch seasoning not recommended when using sausage.)
For more color, sprinkle top of muffins with red pepper flakes or paprika.

Nutrients Per Serving—Analyzed using NutriKids software			
Calories	203	Saturated Fat	4.13 g
Protein	6.17 g	Cholesterol	80.95 mg
Carbohydrate	21.79 g	Vitamin A	235.64 IU
Total Fat	9.61 g	Vitamin C	0.22 mg
		Iron	0.55 mg
		Calcium	135.94 mg
		Sodium	266.16 mg
		Dietary Fiber	0.80 g

Mega-Cheese Muffin—Quick Scratch Preparation

Photo #1



Photo #2

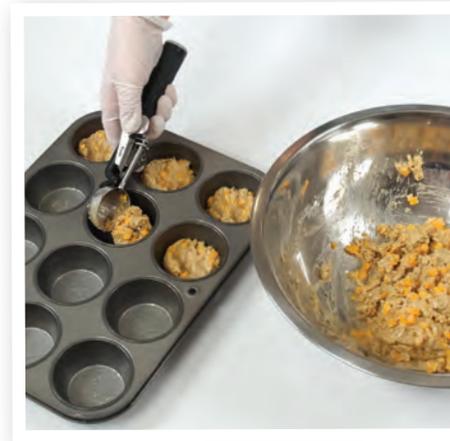


Photo #3



Photo #4

