



Cornbread

USDA Recipe for Schools

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

NSLP CREDITING INFORMATION

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

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Whole-wheat flour	1 lb	3 cups	2 lb	1 qt 2 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.
White whole-grain cornmeal	1 lb	2½ cups	2 lb	1 qt 1 cup	
Sugar	6 oz	1 cup	12 oz	2 cups	2 Combine eggs, milk, and oil in a large bowl. Stir well.
Baking powder		¼ cup		⅓ cup 1 Tbsp	
Salt		1½ tsp		1 Tbsp	
Whole eggs, frozen, thawed	6 oz	¾ cup	12 oz	1⅓ cups	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Nonfat milk		3½ cups		1 qt 3 cups	
Canola oil		½ cup		1 cup	<p>3 Add egg mixture to dry ingredients. Mix until dry ingredients are moistened. DO NOT OVERMIX.</p> <p>For 50 servings, mix for 2–3 minutes on medium speed. 100 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 50 servings, pour 4 lb 8 oz (1 qt 3½ cups) on 1 half-sheet pan (18" x 13" x 1"). For 100 servings, pour 9 lb (3 qt 3 cups) batter on 1 full sheet pan (18" x 26" 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 50 servings, cut each pan 5 x 10 (50 pieces per pan). For 100 servings, cut each pan 10 x 10 (100 pieces per pan). Serve 1 piece (about 2" x 2½").</p>
Variation: Red and green bell peppers, fresh, diced ¼"	8 oz	1½ cups	1 lb	3 cups	<p>8 Variation: Add peppers and corn to step 3. Continue with step 4.</p>
AND Corn, canned low-sodium, drained, rinsed	8 oz	1¼ cups	1 lb	2½ 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.

NOTES

Cooking Process #2: Same Day Service.

YIELD/VOLUME

50 Servings	100 Servings
About 4 lb 1 oz	About 8 lb 2 oz
About 2 qt ½ cup/1 half sheet pan (18" x 13" x 1")	About 1 gal 1 cup/1 full sheet pan (18" x 26" x 1")

SOURCE

USDA Standardized Recipes Project.

