

Beyond breakfast muffin (K-12)

Recipe group	Additional name	Diet factors	Portions	Portion size
Breakfast, American	K12	VG, NF	24	3.52 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	2 tsp	0.32 oz	0%	0.32 oz	Oil, Canola	For filling: In a large skillet or flat top, heat oil over medium high heat. Cook sausage for 5-7 minutes, breaking it up as it cooks. Transfer to a bowl.
	2 cup	9.74 oz	0%	9.74 oz	Vegan Sausage <i>meatless crumbles or similar</i>	



Cooked sausage.

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	1 cup	5.20 oz	19%	6.40 oz	Pepper, Bell, Red, chopped	Add ingredients from step 2 to sausage and set aside.
	1 cup	2 oz	17%	2.41 oz	Onions, Green, sliced thinly on bias	



Add peppers and onions.

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3	3 cup	12.75 oz	0%	12.75 oz	Flour, Whole Wheat	For cornbread batter: Combine ingredients from step 3 in a stand mixer with a paddle attachment and mix for 1 minute on low speed to combine.
	2 1/2 cup	15.75 oz	0%	15.75 oz	Cornmeal, yellow, fine	
	1 cup	7.10 oz	0%	7.10 oz	Sugar, White, granulated	
	1/4 cup	1.73 oz	0%	1.73 oz	Baking Powder	
	1 1/2 tsp	0.15 oz	0%	0.15 oz	Salt, Kosher	



Combine dry ingredients.

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
4	1 3/4 cup	14 oz	0%	14 oz	Non-Dairy Milk, Soy, unsweetened	Combine ingredients in step 4 in a bowl and stir to combine. Add to dry ingredients and mix on medium speed for 2-3 minutes, until just combined. Do not over mix.
	3/4 cup	6.36 oz	1%	6.43 oz	Applesauce <i>unsweetened</i>	
	1/2 cup	3.84 oz	0%	3.84 oz	Oil, Canola	



Cornbread batter mixed.

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
5	1 1/4 cup	4.94 oz	0%	4.94 oz	Vegan Cheese, Cheddar, shredded	Fold cheese and sausage mixture into cornbread batter.



Add cheese and sausage to batter.



Folded into batter.

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
6	1/4 cup	0.50 oz	17%	0.60 oz	Onions, Green, sliced thinly on bias	Preheat oven to 400°F. Use light blue #16 scoop to portion batter into oiled muffin pan. Garnish each muffin with 1/2 teaspoon green onions.

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
7						Bake 15-25 minutes until golden brown and a knife inserted into the center comes out clean. Cool and serve.

RECIPE IMAGES



Beyond Breakfast Muffin

MEMO

Each muffin provides 1 1/4 ounces grain equivalents and 1/4 ounces meat/meat alternate.

NUTRITION INFORMATION

per portion

Energy nutritives			Calories	Minerals			
		% of energy		Salt	0.21 g		
Total fat	7.05 g	27.35 %	228.05 kcal	Salt	0.21 %	Vitamins	
Saturated	0.83 g	3.20 %	954.18 kJ	Sodium	144.77 mg	Vitamin A	9.13 µg
Monounsaturated	3.45 g	13.38 %		Phosphorus	240.25 mg	Vitamin D	0.20 µg
Polyunsaturated	2.14 g	8.30 %		Potassium	473.25 mg	Thiamine	0.18 mg
Trans fatty acids	0.02 g	0.08 %		Iron	1.82 mg	Riboflavin	0.10 mg
Cholesterol	0.00 mg			Calcium	129.67 mg	Niacin	1.55 mg
Linolenic acid	1.50 g	5.81 %		Zinc	0.83 mg	Vitamin B6	0.20 mg
Alpha-linolenic acid	449.60 mg	1.74 %		Chloride	0.00 mg	Vitamin B12	0.18 µg
Total Carbohydrate	37.19 g	66.25 %		Chromium	0.00 µg	Folate	0.00 µg
Sugars total	9.44 g			Fluoride	0.00 mg	Biotin	0.00 µg
Added sugar	0.00 g	0.00 %		Magnesium	48.69 mg	Choline	0.00 mg
Lactose	0.00 g			Molybdenum	0.00 µg	Pantothenic Acid	0.00 mg
Fiber	3.33 g	2.79 %		Iodine	0.00 µg	Vitamin C	4.08 mg
Organic acids	0.00 g	0.00 %		Selenium	12.30 µg	Vitamin E	1.07 mg
Sugar alcohol	0.00 g	0.00 %		Copper	0.14 mg	Vitamin K	8.50 µg
Starch	8.70 g	15.50 %					
Protein	7.08 g	12.62 %					
Alcohol	0.00 g	0.00 %					
				Others			
				Water		34.21 g	

CO2



Comparable CO2 emissions for equal sized portions.

The carbon footprint calculator is based on emission factors per kilogram calculated for individual ingredients. The calculator does not take into account emissions from food preparation.