

APPLESAUCE ORANGE MUFFINS

Yield 100

Portion 1 Muffin

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
191 cal	35 g	4 g	4 g	12 mg	213 mg	76 mg

Ingredient

FLOUR,WHEAT,GENERAL PURPOSE
 SUGAR,GRANULATED
 BAKING POWDER
 SALT
 CINNAMON,GROUND
 NUTMEG,GROUND
 APPLESAUCE,CANNED,UNSWEETENED
 JUICE,ORANGE,FROZEN,CONCENTRATE,3/1,THAWED
 EGGS,WHOLE,FROZEN
 EGG WHITES,FROZEN,THAWED
 OIL,SALAD
 COOKING SPRAY,NONSTICK

Weight

5-3/4 lbs
 2-1/4 lbs
 3-7/8 oz
 3/4 oz
 1/2 oz
 1/8 oz
 3-1/4 lbs
 1-7/8 lbs
 9-5/8 oz
 9-5/8 oz
 10-1/4 oz
 2 oz

Measure

1 gal 1-1/4 qts
 1 qts 1 cup
 1/2 cup
 1 tbsp
 2 tbsp
 1/3 tsp
 1 qts 2 cup
 3 cup
 1-1/8 cup
 1-1/8 cup
 1-3/8 cup
 1/4 cup 1/3 tbsp

Issue

Method

- 1 Sift together flour, sugar, baking powder, salt, cinnamon, and nutmeg into mixer bowl.
- 2 Add applesauce, orange juice concentrate, eggs, egg whites, and salad oil or shortening; mix at low speed for 15 seconds or until dry ingredients are moistened. DO NOT OVERMIX. Batter will be lumpy.
- 3 Lightly spray each muffin cup with non-stick cooking spray. Fill each muffin cup 2/3 full.
- 4 Bake 25 to 30 minutes in 400 F. oven or in 350 F. convection oven for 23 to 26 minutes until done, open vent, fan turned off first 10 minutes, then low fan.