

# Plain Muffins



## INGREDIENTS


	Usage Levels (%)
Flour, cake	32.45
Water	24.33
Sugar	16.22
Shortening	12.98
Egg	9.73
Baking powder	1.62
<b>Skimmed milk powder</b>	<b>1.14</b>
<b>Lactose</b>	<b>1.14</b>
Salt	0.39
<b>Total</b>	<b>100.00</b>

## NUTRITIONAL CONTENT

Per 100g	
<b>Calories</b>	340kcal
<b>Total Fat</b>	15g
Saturated Fat	3.5g
Trans Fat	4.5g
Cholesterol	45mg
<b>Total Carbohydrates</b>	47g
Dietary Fiber	1g
Sugars	19g
<b>Protein</b>	5g
Calcium	129mg
Magnesium	8mg
Phosphorus	80mg
Potassium	60mg
Sodium	370mg
Iron	3mg
Vitamin A	62IU
Vitamin C	0mg

## PREPARATION

1. **Cream shortening with sugar at low speed.**
2. **Sift together dry ingredients.**
3. **Combine egg, water and dry ingredients with shortening.**
4. **Mix for an additional 60 seconds.**
5. **Bake at 204°C (400°F) for 20 minutes.**

Rely on the dynamic lineup of U.S. dairy to meet consumer demands for global product development. The U.S. Dairy Export Council (USDEC) offers resources on [ThinkUSAdairy.org](http://ThinkUSAdairy.org) including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and prototype assistance to help develop and launch your next successful product.  [@ThinkUSAdairy](https://twitter.com/ThinkUSAdairy)

This formula serves as a reference. Product developers are encouraged to modify the formula to meet manufacturing and finished product specification needs. Developed by Proliant, Inc.. ©2014 U.S. Dairy Export Council.