

## Bakery Mix, Low-Fat, Reduced Sodium

MyPlate Food Group: **Grain**



### Product Description

- The main ingredients in the low-fat bakery mix are enriched wheat flour, vegetable oil, oat fiber, sugar, nonfat dry milk, salt, and leavening agents.
- This product comes in a 20oz bag.

### Storage

- Store unopened packages of low-fat bakery mix in a cool, clean, dry place.
- After opening, keep package tightly closed.
- Low-fat bakery mix may be stored in the refrigerator.

### Uses and Tips

- Use low-fat bakery mix to make biscuits, dumplings, shortcake, pancakes, waffles, muffins, and cakes.
- Prepared low-fat bakery mix can be used as a crust topping for casseroles, fruit crisps, or other baked dishes.

### Nutrition Information

- ¼ cup of low-fat bakery mix counts as 1 ounce in the MyPlate.gov Grains Group. For a 2,000-calorie diet, the daily recommendation is about 6 ounces.

### Resources

- [www.nutrition.gov](http://www.nutrition.gov)
- [www.foodsafety.gov](http://www.foodsafety.gov)

## Nutrition Facts

Serving size: 1/4 cup (30g) low-fat bakery mix

### Amount Per Serving

**Calories** 123      **Calories from Fat** 30

### -% Daily Value\*

<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0.5g	<b>1%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 244mg	<b>10%</b>
<b>Total Carbohydrate</b> 28g	<b>9%</b>
Dietary Fiber 1.5g	<b>5%</b>
Sugars 1g	
<b>Protein</b> 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 6%	Iron 7%

\*Percent Daily Values are based on a 2,000 calorie diet.

This sheet is intended for individuals and families receiving USDA Foods to use at home. Nutrient Values in the Nutrition Facts panel are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts panel or ingredient list for product-specific information.

# USDA Foods

## Santa Fe Biscuit Pizza

Makes about 4 servings

### Ingredients

- Nonstick cooking spray
- 1 cup low-fat bakery mix
- 2 tablespoons cornmeal
- ¼ cup hot water
- 1 cup canned low-sodium kidney beans, drained
- ⅓ cup salsa
- ¼ cup reduced fat cheddar cheese, shredded
- ½ cup lettuce, chopped
- ½ cup tomato, chopped
- 3 tablespoons fat-free sour cream

### Directions

1. Heat oven to 375 degrees F. Spray 12-inch pizza pan or baking sheet with nonstick cooking spray.
2. In a small bowl, stir bakery mix, cornmeal and hot water until soft dough forms. Shape into a ball. Roll dough into 10-inch circle and place on pan.
3. In a small bowl, stir together beans and salsa; spread over dough to within 2 inches of edge. Sprinkle cheese over beans.
4. Bake 25 to 28 minutes or until crust is golden brown and cheese is melted. Top with lettuce, tomato, and sour cream before serving.

Recipe adapted from USDA, FNS, Food Distribution Division 2013

## Oat Muffins

Makes about 12 servings

### Ingredients

- 1 cup low-fat bakery mix
- ½ cup crushed corn or oat cereal
- 1 ½ cups oats
- ½ cup sugar
- 2 teaspoons cinnamon
- 1 egg
- 2 tablespoons vegetable oil
- 2 tablespoons applesauce
- ½ cup fat-free milk
- Non-stick cooking spray

### Directions

1. Preheat oven to 375 degrees F. Coat a muffin pan with nonstick cooking spray.
2. In a large bowl, add bakery mix, cereal, oats, sugar, and cinnamon in a small bowl and mix..
3. Stir in egg, oil, applesauce, and milk until lightly mixed (batter will be lumpy).
4. Spoon batter into muffin cups.
5. Bake for 20 to 25 minutes or until muffins are browned.

Recipe adapted from Food.com