

Cooking for Kids

Recipe Sizing Report

000393 - Apple Cinn Baked Oatmeal CACFP :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 12 Size of Portion: Each	Meat/Alt: Grains: 2 oz Fruit: 0.25 cup Vegetable: Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
050456 OATS, ROLLED, UNENRICHED, QUICK, DRY, NO..... 018370 LEAVENING AGENTS,BAKING PDR,DOUBLE-ACTIN... 002010 CINNAMON,GROUND..... 002025 NUTMEG,GROUND..... 799986 SALT, KOSHER..... 901530 SUGARS,BROWN,LIGHT.....	4 1/2 cups 1 3/4 tsp 2 1/4 tsp 1/2 tsp 1/2 tsp 1 cup, packed	1. Preheat oven to 350° F and grease a 9 x 13 inch baking dish with cooking spray. 2. In a large bowl, whisk together the oats, baking powder, cinnamon, nutmeg, salt, and brown sugar.
001081 MILK,RED FAT,FLUID,2% MILKFAT,PROT FORT,..... 001123 EGG,WHL,RAW,FRSH..... 001145 BUTTER,WITHOUT SALT..... 002050 VANILLA EXTRACT.....	3 cups 2 large 3 Tbsp 1/2 Tbsp	3. In a separate bowl, mix together milk, eggs, melted butter, and vanilla. Pour over oat mixture and stir to combine.
050357 APPLES, IQF, UNSWEETENED, SLICED, HEATED.....	3 1/2 cups	4. Arrange the apples (canned, frozen, or fresh cut into bite sized pieces can be used) evenly over the bottom of the pan and pour the oatmeal mixture over the top. At this point the mixture can be placed in the cooler if you are making it for the next day. 5. Bake in 350° F oven for 35-45 minutes until the top is golden and the mixture is set and not very jiggly. If you have mixed it together the day before, bake in 350° F oven for 1 hour and take a temperature to make sure it is at 165° F. Serve warm.

*Nutrients are based upon 1 Portion Size (Each)

Calories	283 kcal	Cholesterol	47 mg	Sugars	*3.1* g	Calcium	174.63 mg	22.38%	Calories from Total Fat
Total Fat	7.05 g	Sodium	181 mg	Protein	8.56 g	Iron	1.82 mg	10.12%	Calories from Saturated Fat
Saturated Fat	3.19 g	Carbohydrates	45.80 g	Vitamin A	155.0 IU	Water ¹	*58.80* g	*0.01%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	4.40 g	Vitamin C	0.9 mg	Ash ¹	*1.17* g	64.63%	Calories from Carbohydrates
								12.08%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.