

# Cooking for Kids

## Recipe Sizing Report

000199 - Homemade Biscuit :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 50 Size of Portion: EACH	Meat/Alt: Grains: 2 oz Fruit: Vegetable: Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
902688 FLOUR, ALL PURPOSE, ENRICHED, WHITE, BLE..... 902987 FLOUR, WHOLE WHEAT..... 018370 LEAVENING AGENTS,BAKING PDR,DOUBLE-ACTIN... 019335 SUGARS,GRANULATED..... 799986 SALT, KOSHER..... 001145 BUTTER,WITHOUT SALT.....	1 qt + 2 1/4 cups 2 qts + 2 1/2 cups 2/3 cup + 1 3/8 tsp 1/2 cup + 1 tsp 2 Tbsp + 1/4 tsp 2 cups + 1 Tbsp	1. Preheat oven to 450° F.  2. Combine all-purpose flour, whole-wheat flour, baking powder, sugar, and salt into a mixer. As dry ingredients are mixing, slowly add in cold butter and blend until mixture looks coarse and crumbly.
001088 MILK,BTTRMLK,FLUID,CULTURED,LOWFAT.....	2 qts + 1/4 cup	3. Mix in buttermilk until just moistened and mixture holds together. DO NOT OVER MIX! Turn dough out on a lightly floured surface and knead gently, folding dough 8 to 10 times.  4. Roll out to 3/4 inch thickness and cut biscuits into 2-1/2 inch rounds.  <b>Time Saving Tip</b> - You can roll into 1/2 sheet pan and cut into squares after baking.  5. Place biscuits on an ungreased baking sheet. Bake in a 450° F oven for 10-12 minutes until biscuits are golden brown.

\*Nutrients are based upon 1 Portion Size (EACH)

Calories	236 kcal	Cholesterol	22 mg	Sugars	*4.3* g	Calcium	286.41 mg	33.95%	Calories from Total Fat
Total Fat	8.89 g	Sodium	499 mg	Protein	6.35 g	Iron	1.99 mg	19.77%	Calories from Saturated Fat
Saturated Fat	5.18 g	Carbohydrates	34.72 g	Vitamin A	258.1 IU	Water <sup>1</sup>	*38.46* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	3.10 g	Vitamin C	0.4 mg	Ash <sup>1</sup>	*2.57* g	58.90%	Calories from Carbohydrates
								10.78%	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

<sup>1</sup> - denotes optional nutrient values

<sup>2</sup> - 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.**