

Cooking for Kids

Recipe Sizing Report

000496 - Homemade Biscuit CACFP :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 24 Size of Portion: EACH	Meat/Alt: Grains: 1 oz Fruit: Vegetable: Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
902688 FLOUR, ALL PURPOSE, ENRICHED, WHITE, BLE.....	1 1/2 cups	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.
902987 FLOUR, WHOLE WHEAT.....	2 1/2 cups	
018370 LEAVENING AGENTS,BAKING PDR,DOUBLE-ACTIN...	2 1/2 Tbsp	
019335 SUGARS,GRANULATED.....	2 Tbsp	
799986 SALT, KOSHER.....	1/2 Tbsp	
001145 BUTTER,WITHOUT SALT.....	1/2 cup	
001088 MILK,BTTRMLK,FLUID,CULTURED,LOWFAT.....	2 cups	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 24 squares. 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	118 kcal	Cholesterol	11 mg	Sugars	*2.1* g	Calcium	136.15 mg	33.96%	Calories from Total Fat
Total Fat	4.45 g	Sodium	242 mg	Protein	3.18 g	Iron	0.99 mg	19.78%	Calories from Saturated Fat
Saturated Fat	2.59 g	Carbohydrates	17.34 g	Vitamin A	129.0 IU	Water ¹	*19.22* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	1.55 g	Vitamin C	0.2 mg	Ash ¹	*1.22* g	58.84%	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

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.