

Cooking for Kids

Recipe Sizing Report

990024 - Honey-Almond Granola Bars :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 100 Size of Portion: EACH	Meat/Alt: Grains: 2 oz Fruit: Vegetable: Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
004696 MARGARINE,REG,80% FAT,COMP,STK,WO/ SALT,..... 901530 SUGARS,BROWN,LIGHT..... 050430 EGGS, WHOLE, FROZEN, PASTEURIZED, RAW..... 002050 VANILLA EXTRACT.....	12 1/2 ozs 3 1/8 CUPS (packed) 6 1/4 large egg 1 Tbsp + 1/8 tsp	1. Preheat oven to 350° F. 2. Oil two 18x13x2 baking sheets and set aside. 3. Cream margarine and sugar together. Beat in eggs and vanilla until light.
902971 100% White Whole Wheat Flour..... 018369 LEAVENING AGENTS,BAKING PDR,DOUBLE-ACTIN... 018372 LEAVENING AGENTS,BAKING SODA..... 002047 SALT, TABLE..... 002010 CINNAMON,GROUND.....	3 3/4 cups + 2 1/2 Tbsp 1/2 Tbsp 1/2 Tbsp 1/2 Tbsp 1/2 Tbsp	4. Sift flour, baking powder, baking soda, salt, and cinnamon together. Add to creamed mixture, stirring well.
902934 Granola.....	2 qts + 3/4 cup	5. Stir in granola from the Granola recipe. 6. Spread around 5 lb 15 oz of dough in each pan and bake in oven for 20 to 25 minutes. Remove from oven and let cool in pan. Cut each pan 8x8 into 64 bars.

*Nutrients are based upon 1 Portion Size (EACH)

Calories	116 kcal	Cholesterol	12 mg	Sugars	*0.0* g	Calcium	22.84 mg	31.90%	Calories from Total Fat
Total Fat	4.10 g	Sodium	87 mg	Protein	1.84 g	Iron	0.65 mg	6.01%	Calories from Saturated Fat
Saturated Fat	0.77 g	Carbohydrates	19.20 g	Vitamin A	144.1 IU	Water ¹	*0.75* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	1.28 g	Vitamin C	0.1 mg	Ash ¹	*0.27* g	66.34%	Calories from Carbohydrates
								6.36%	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.