

Cooking for Kids

Recipe Sizing Report

000203 - Pumpkin Cheddar Biscuits :	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: 1 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,..... 902971 100% White Whole Wheat Flour..... 018370 LEAVENING AGENTS,BAKING PDR,DOUBLE-ACTIN... 019335 SUGARS,GRANULATED.....	1 lb 2 lbs 3 Tbsp 1 Tbsp	1. Cut margarine into the dry ingredients until small pebbles form.
051556 Cheese, Cheddar, Yellow, Reduced Fat, Sh.....	12 ozs	2. Add cheese and coat with flour mixture.
001175 MILK,FLUID,1% FAT,WO/ ADDED VIT A & VIT..... 011424 PUMPKIN,CND,WO/SALT.....	3 cups 12 ozs	3. Mix milk and pumpkin and then add to the margarine flour mixture. Let dough chill for 2 hours or overnight before shaping. 4. After chilling, roll out dough until it is 3/4 inch thick and cut into biscuits. 5. Place on sprayed sheet pan(s) and bake at 325° F in a convection oven or at 375° F in an oven without a fan for 12-15 minutes.
004696 MARGARINE,REG,80% FAT,COMP,STK,WO/ SALT,..... 019296 HONEY.....	8 ozs 1/2 cup	6. Melt margarine and combine with honey. Dab honey butter on top of biscuits after baking and serve warm.

*Nutrients are based upon 1 Portion Size (each)

Calories	194 kcal	Cholesterol	6 mg	Sugars	4.0 g	Calcium	*100.65* mg	59.81%	Calories from Total Fat
Total Fat	12.87 g	Sodium	121 mg	Protein	3.98 g	Iron	*0.90* mg	14.55%	Calories from Saturated Fat
Saturated Fat	3.13 g	Carbohydrates	19.60 g	Vitamin A	*1552.5* IU	Water ¹	*22.15* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	2.47 g	Vitamin C	*0.3* mg	Ash ¹	*1.01* g	40.49%	Calories from Carbohydrates
								8.23%	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.