

Cooking for Kids

Recipe Sizing Report

000524 - Pumpkin Cheddar Biscuits CACFP :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 20 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 cup 3 1/4 cups 1 1/4 Tbsp 1 tsp	1. Cut margarine into the dry ingredients until small pebbles form.
051556 Cheese, Cheddar, Yellow, Reduced Fat, Sh.....	1 1/4 cups	2. Add cheese and coat with flour mixture.
001175 MILK,FLUID,1% FAT,WO/ ADDED VIT A & VIT..... 011424 PUMPKIN,CND,WO/SALT.....	1 cup 1/2 cup	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 half sheet pan(s), or 18 x 13 inch pan(s), and bake at 325° F in 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.....	1/2 cup 3 Tbsp	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.