

# Orfalea Foundation- SFI

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Recipe Sizing Report

Aug 20, 2013

## 000004 - School Food Aspen Power Bar :

HACCP Process: #3 Complex Food Preparation

Number of Portions: 80

Size of Portions: BARS

019296 HONEY.....	1 1/8 cups
050469 SUNFLOWER SEED BUTTER, SALT ADDED.....	2 1/4 cups
002050 VANILLA EXTRACT.....	1 1/2 Tbsp
001145 BUTTER,WITHOUT SALT.....	6 ozs
019297 JAMS AND PRESERVES.....	3/4 cup
020038 OATS, Rolled, Old-Fashioned.....	1 qt + 2 cups
019334 SUGARS,BROWN.....	1 1/2 CUPS (packed)
902392 COCONUT, SHREDDED, NON-SWEETENED.....	2 1/4 cups
002047 SALT.....	1/2 Tbsp
012036 SUNFLOWER SD KRNLS,DRIED.....	3 CUPS (w/hulls,e/p)
001092 MILK,DRY,NONFAT,INST,W/ VIT A.....	3 cups
009298 RAISINS,SEEDLESS.....	1 1/2 CUPS (packed)
900072 CRANBERRIES, WHOLE, SLICED DRIED-COMMODI..	1 1/2 cups

Pre-heat convection oven to 350°F (400°F for conventional oven)

1. In a saucepan, melt nut butter, honey, butter, jam (strawberry) and vanilla extract. Melting the butter before adding the other ingredients will prevent burning.

2. Mix all dry ingredients in a large bowl or the bowl of a commercial mixer (Hobart). Pour the butter mixture into the dry ingredients and mix well, using the paddle attachment of the commercial mixer for large quantities, or your gloved hands for smaller volume.

3. Line a full-sized sheet pan with a piece of parchment paper. Oil the sides and corners well. Press firmly into the sheet pan. You can use a rolling pin to compress the mixture slightly. If you have increased your recipe, each sheet pan gets 6 pounds of product. Bake in preheated oven for 10-15 minutes until lightly browned and set.

4. Cool overnight and cut 10 x 8 for 80 bars

**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.

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## EQUIPMENT:

2- Dry measuring cups, full set

1- Measuring spoons, full set

1-Portable burner (or stovetop)

1-Saucepan or small pot

1-Rubber spatula

1-Metal kitchen spoon

1-Sheet pan

1-Large mixing bowl or Hobart mixer and bowl with paddle attachment

1-Rolling pin

1-Sheet parchment paper

Gloves (as needed)

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

Calories	179 kcal	Cholesterol	5 mg	Protein	4.79 g	Calcium	54.23 mg	35.31%	Calories from Total Fat
Total Fat	7.01 g	Sodium	99 mg	Vitamin A	35.0 RE	Iron	1.13 mg	9.12%	Calories from Sat Fat
Sat Fat	1.81 g	Carbs	25.77 g	Vitamin A	118.1 IU	Water <sup>1</sup>	*3.92* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	D. Fiber	1.65 g	Vitamin C	0.7 mg	Ash <sup>1</sup>	*0.67* g	57.72%	Calories from Carbs
								10.73%	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

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