

Orfalea Foundation- SFI

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Recipe Sizing Report

Sep 13, 2013

000180 - School Food Carrot Coconut Bar :

HACCP Process: #3 Complex Food Preparation

Number of Portions: 6

Size of Portions: Sheet Pans

050400 FLOUR, WHOLE WHEAT.....	14 lbs + 10 ozs
018369 LEAVENING AGENTS,BAKING PDR,DOUBLE-ACTIN..	1 oz
002010 CINNAMON,GROUND.....	1 qt
018372 LEAVENING AGENTS,BAKING SODA.....	1/3 cup
002047 SALT.....	4 1/2 ozs
050385 OIL, VEGETABLE.....	1 1/2 gals
019334 SUGARS,BROWN.....	15 lbs
001123 EGG,WHOLE,RAW,FRESH.....	6 lbs + 8 ozs
002050 VANILLA EXTRACT.....	3/4 cup
011124 CARROTS,RAW.....	11 lbs + 6 ozs
902392 COCONUT, SHREDDED, NON-SWEETENED.....	2 lbs + 8 ozs

Pre-heat convection oven to 325° F. (375° F. for conventional oven)

Line sheet pan(s) with parchment paper and oil sides and corners (use pan release spray).

1. Stir together flour, baking powder, cinnamon, baking soda and salt in a large bowl.

Note: Oil, brown sugar and eggs are **weighed**, not volume measures.

2. Combine brown sugar and oil in a large bowl (on speed 1 if using Hobart mixer) and stream in eggs and vanilla on speed 2 and mix until combined (if using frozen eggs, whisk them slightly to help thaw and mix better)

3. Mix in carrots and coconut* on speed 1 just until combined. (If using commercially shredded carrots and they are longer than 1 inch, pulse in food processor)

4. Pour 9.5# of batter into each sheet pan (if baking in volume).

5. Bake for 25-30 minutes or until a wooden toothpick inserted near the center comes out clean.

*Option: Add 13 lbs of chopped walnuts at this time, if using

Cut 8 X 10 per sheet pan for 80 bars per sheet pan.

EQUIPMENT:

1-Commercial mixer (Hobart) with paddle attachment or

2-Medium or large mixing bowls (based on volume)

1-Whisk

1-Rubber spatula or pastry scraper

1-Scale

1-Dry measuring cups, full set

1-Measuring spoons, full set

Sheet pan(s) and parchment paper

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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*Nutrients are based upon 1 Portion Size (Sheet Pans)

Calories	17197	kcal	Cholesterol	1828	mg	Protein	226.72	g	Calcium	2997.22	mg	49.76%	Calories from Total Fat
Total Fat	950.85	g	Sodium	13778	mg	Vitamin A	25170.4	RE	Iron	70.15	mg	8.38%	Calories from Sat Fat
Sat Fat	160.09	g	Carbs	2075.58	g	Vitamin A	147564.	IU	Water ¹	*1171.4	g	*0.00%*	Calories from Trans Fa
Trans Fat ¹	*0.00*	g	D. Fiber	204.49	g	Vitamin C	53.9	mg	Ash ¹	*50.64*	g	48.28%	Calories from Carbs
												5.27%	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

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