

Orfalea Foundation- SFI

Page 1

Recipe Sizing Report

Sep 13, 2013

000151 - School Food Cran-Orange Bread :

HACCP Process: #3 Complex Food Preparation

Number of Portions: 80

Size of Portions: Servings

050383 OIL, VEGETABLE.....	1 lb
019335 SUGARS,GRANULATED.....	1 lb + 8 ozs
001123 EGG,WHOLE,RAW,FRESH.....	1 lb
002050 VANILLA EXTRACT.....	1/2 oz
050394 FLOUR, ALL PURPOSE, ENRICHED, WHITE, UNB.....	1 lb + 4 ozs
050400 FLOUR, WHOLE WHEAT.....	1 lb + 8 ozs
018369 LEAVENING AGENTS,BAKING PDR,DOUBLE-ACTIN..	1 1/2 ozs
002047 SALT.....	3/4 oz
009206 ORANGE JUICE,RAW.....	1 lb + 8 ozs
009078 CRANBERRIES,RAW.....	1 lb
012155 WALNUTS,ENGLISH.....	12 ozs

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

1. Combine oil and sugar in the mixer on speed 1
2. Combine egg and vanilla extract. Turn the mixer to speed 2 and stream in egg mixture and mix until combined. Scrape down sides of bowl as needed.

3. Combine dry ingredients in a bowl and turn mixer speed down to 1

4. Add 1/3rd of flour mixture to mixer and mix until combined. Add 1/3rd orange juice and mix until combined. Continue alternating addition of flour mixture and orange juice in thirds until all of it has been added and mix until just combined

*any other fruit juice can be substituted for orange juice

5. Fold in cranberries and chopped walnuts.

*frozen cherries, blueberries, strawberries, or other frozen fruit can be substituted if desired

*walnuts can be omitted or other nuts can be substituted

6. Spread batter onto a parchment lined sheet tray

Sheet tray: Bake in pre-heated oven, flip tray and bake for an additional 10-14 minutes or until done, inserted skewer comes out clean

If freezing, freeze whole sheet pan, uncut, after the cake has cooled, and wrap well to prevent freezer burn.

Cut 8 X 10 for 80 servings while still frozen and thaw as needed for service.

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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Page 2

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EQUIPMENT:

HOBART MIXER WITH PADDLE (OR LARGE BOWL)

MEDIUM SIZED BOWLS (3)

SHEET PAN

PARCHMENT PAPER

WHISK

RUBBER SPATULA

SET OF MEASURING SPOONS

SET OF DRY MEASURING CUPS

SCALE

SMALL POT TO MELT BUTTER

*Nutrients are based upon 1 Portion Size (Servings)

Calories	181	kcal	Cholesterol	21	mg	Protein	3.34	g	Calcium	44.12	mg	45.97%	Calories from Total Fat
Total Fat	9.24	g	Sodium	168	mg	Vitamin A	13.5	RE	Iron	0.98	mg	6.69%	Calories from Sat Fat
Sat Fat	1.34	g	Carbs	22.45	g	Vitamin A	52.7	IU	Water ¹	*17.06*	g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00*	g	D. Fiber	1.79	g	Vitamin C	5.1	mg	Ash ¹	*0.80*	g	49.67%	Calories from Carbs
												7.39%	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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