

# Orfalea Foundation- SFI

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Recipe Sizing Report

Aug 16, 2013

## 000172 - School Food Maple Granola :

HACCP Process: #2 Same Day Service

Number of Portions: 34

Size of Portions: 1/4 Cup

020038 OATS, Rolled, Old-Fashioned.....	3 1/2 cups
012036 SUNFLOWER SD KRNLS,DRIED.....	1 1/2 cups
012061 ALMONDS.....	1 1/2 CUPS (sliced)
050385 OIL, VEGETABLE.....	2 Tbsp
019353 SYRUPS,MAPLE.....	2 Tbsp
002047 SALT.....	1/4 tsp
002010 CINNAMON,GROUND.....	1/2 Tbsp
002011 CLOVES,GROUND.....	1/8 tsp
002050 VANILLA EXTRACT.....	3/4 tsp
900072 CRANBERRIES, WHOLE, SLICED DRIED-COMMODI..	2 cups

Pre-heat convection oven to 250°F (300°F for conventional oven)

1. In a large mixing bowl or Hobart mixer bowl (larger volume), mix together oats, sunflower seeds, and almonds
3. Whisk together oil, vanilla extract, maple syrup, salt, ground cinnamon and ground cloves.
4. Toss oat mixture with the oil and combine.
5. Spread granola in a thin layer on parchment lined sheet pans. Roast in oven for 1 hour, mixing every twenty minutes. Granola should be lightly browned and crunchy when done.
6. Add the dried cranberries into the warm granola. Let granola cool completely before packing into airtight containers. Will last up to 1 month if stored correctly.

### EQUIPMENT:

1-Measuring Spoons, full set

1-Large mixing bowl (or Hobart mixer)

1-2 Sheet Pans)

1-Metal kitchen spoon

1-Rubber spatula or plastic pastry scraper

2-Measuring cups, Gallon, Pint

1-2 Sheets parchment paper

\*Nutrients are based upon 1 Portion Size (1/4 Cup)

Calories	155 kcal	Cholesterol	0 mg	Protein	4.86 g	Calcium	26.63 mg	41.10%	Calories from Total Fat
Total Fat	7.10 g	Sodium	18 mg	Vitamin A	0.3 RE	Iron	1.29 mg	4.31%	Calories from Sat Fat
Sat Fat	0.74 g	Carbs	19.30 g	Vitamin A	3.5 IU	Water <sup>1</sup>	*2.25* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	D. Fiber	3.03 g	Vitamin C	0.1 mg	Ash <sup>1</sup>	*0.64* g	49.68%	Calories from Carbs
								12.51%	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

**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.**