

ISD #347

| 000155 - APPLE OATMEAL SQUARES : SNA Database | Attributes | Allergens Present | Allergens Absent | Allergens Unidentified |
|---|------------|-------------------|------------------|--|
| HACCP Process: #2 Same Day Service Number of Portions: 100 Size of Portion: SERVINGS Alternate Recipe Name: Bkd Apple Oatmeal Square | | | | ? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat |

| Ingredients | Measures | Instructions |
|---|---|---|
| 004075 MARGARINE,REG,HARD,SOYBN (HYDR)&CTTNSD... | 3 cups | 1. Pour 3/4 cup melted margarine in each of 4 steam table pans (12x20"x2 1/2"). |
| 009003 APPLES,RAW,WITH SKIN..... 019334 SUGARS,BROWN..... 020038 OATS..... 002010 CINNAMON,GROUND..... 106900 PANCAKE MIX,BUTTERMILK..... | 3 lbs 2 CUPS (packed) 3 qts 1 Tbsp 18 lbs | 2. Arrange 3/4 lbs. apple slices evenly and arrange in bottom of pans; sprinkle 1 tablespoon cinnamon, 2 cups brown sugar, and 3 cups oatmeal evenly over apples. Prepare Pancake Mix according to box instructions. Pour 2 1/4 quarts pancake batter evenly over apples. |
| | | 3. Bake in a 350°F oven for 30-35 minutes, or until top springs back when touched or toothpick inserted in a couple areas comes out clean. |
| | | 4. Cut each piece into 2x4 inch squares (25 pieces per pan). Servewith pancake or maple syrup or powdered sugar, if desired. |
| | | Serving |
| | | 1 2x4 inch square piece provides 1 serving of grains/breads. |

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|----------------------|---------------------|-----------------------|-----------------------|
| Calories..... 447 | Iron..... 2.64 mg | Protein..... 10.80 g | Protein..... 9.67% |
| Cholesterol.. 6 mg | Calcium...122.04 mg | Carbohydrates 77.71 g | Carbohydrates. 69.58% |
| Sodium..... 1058 mg | Vitamin A.. 250 IU | Total Fat.... 10.53 g | Total Fat..... 21.21% |
| Dietary Fiber 3.60 g | Vitamin C.. 0.7 mg | Saturated Fat 1.96 g | Saturated Fat. 3.94% |
| | | Trans Fat.... 0.00* g | Trans Fat..... 0.00% |

* - Denotes Missing Nutrient Values