Idaho Child Nutrition

Recipe: 000408 Whole Grains Baked Oatmeal
Recipe Source: Cooking Class
Recipe Group: BREAKFAST

Recipe HACCP Process: #3 Complex Food Preparation

Alternate Recipe Name:
Number of Portions: 20
Size of Portion: pieces

004044 OIL,SOYBN,SALAD OR COOKING.....	4 OZ	Mix all ingredients thoroughly. Spray a 2" half pan and pour the ingredients into the pan. Chill overnight.
002047 SALT,TABLE.....	2 TSP	
019334 SUGARS,BROWN.....	1 CUP, packed	
019335 SUGARS,GRANULATED.....	1 CUP	Bake at 350'°'F for 40 minutes. Cut into 20 pieces. Serve with a mini-spatula. Can be a little crumbly.
018369 LEAVENING AGENTS,BAKING PDR,DOUBLE-ACTING,NA.....	1 1/4 TBSP	
001123 EGG,WHOLE,RAW,FRESH.....	4 large	
002010 CINNAMON,GROUND.....	1 TBSP	
002025 NUTMEG,GROUND.....	2 TSP	
020038 OATS.....	5 CUP	
001082 MILK,LOWFAT,FLUID,1% MILKFAT,W/ VIT A.....	2 CUP	

Calories	310		Iron	2.48	mg	Protein	8.69	g	11.24% Calories from Prot
Cholesterol	44	mg	Calcium	120.28	mg	Carbohydrates	48.47	g	62.64% Calories from Carb
Sodium	357	mg	Vitamin A	98	IU	Total Fat	9.69	g	28.17% Calories from T Fat
Dietary Fiber	4.37	g	Vitamin C	0.10	mg	Saturated Fat	1.81	g	5.27% Calories from S Fat
						Trans. Fat	0.00*	g	0.00% Calories from Trans. Fat

Miscellaneous		**Attributes**	**Allergens Present**	**Allergens Absent**	**Allergens Unidentified**
Meat/Alt.....	oz.				? - Milk
Grain/Bread.....	srv.				? - Egg
F/V/J.....	cup				? - Peanut
Milk.....	fl. oz.				? - Tree Nut
					? - Fish
Moisture & Fat Change					? - Shellfish
Moisture Change.	0%				? - Soy
Fat Change.....	0%				? - Wheat
Type of Fat.....					

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	004044	OIL,SOYBN,SALAD OR COOKING			
I	002047	SALT,TABLE			

I	019334	SUGARS,BROWN			
I	019335	SUGARS,GRANULATED			
I	018369	LEAVENING AGENTS,BAKING PDR,DOUBLE-A			
I	001123	EGG,WHOLE,RAW,FRESH			
I	002010	CINNAMON,GROUND			
I	002025	NUTMEG,GROUND			
I	020038	OATS			
I	001082	MILK,LOWFAT,FLUID,1% MILKFAT,W/ VIT A			