Idaho Child Nutrition

Recipe: 000404 Whole Wheat Choc Chip Cookies
Recipe Source: W. Grains Coun
Recipe Group: DESSERTS

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
Number of Portions: 48
Size of Portion: Cookies

012155 WALNUTS,ENGLISH..... 019080 CANDIES,SEMISWEET CHOC.....	1 1/2 CUP, pieces 1 1/2 CUP,lrg chips	Preheat oven to 375'°"F.
001001 BUTTER,WITH SALT..... 019335 SUGARS,GRANULATED..... 019334 SUGARS,BROWN..... 002050 VANILLA EXTRACT..... 001123 EGG,WHOLE,RAW,FRESH..... 018372 LEAVENING AGENTS,BAKING SODA.....	3/4 CUP 3/4 CUP 1/2 CUP, unpacked 1 TSP 2 large 1 TSP	In a mixer, cream together butter and sugars, then add vanilla and eggs.
020080 WHEAT FLOUR,WHOLE-GRAIN..... 020581 WHEAT FLR,WHITE,ALL-PURPOSE,ENR,UNBLEACHED... 900133 Wheat Bran..... 900134 Flax.....	1 1/2 CUP 1/4 CUP 1/4 CUP 1/4 CUP	In a separate bowl, combine soda, flours, bran, and flax meal. You can use 2 1/4 cups whole wheat flour in place of the mix of flours, bran, and flax meal.
		Grandually add flour to mixing bowl; mix well. Add nuts and chocolate chips and mix well.
		Drop by rounded spoonfuls on a cookie sheet and bake for 8-10 minutes at 375'°"F.

Calories	119		Iron	0.63	mg	Protein	1.92	g	6.46% Calories from Prot
Cholesterol	16	mg	Calcium	12.37	mg	Carbohydrates	12.47	g	41.92% Calories from Carb
Sodium	51	mg	Vitamin A	100	IU	Total Fat	7.67	g	58.00% Calories from T Fat
Dietary Fiber	1.47	g	Vitamin C	0.13	mg	Saturated Fat	3.17	g	24.01% Calories from S Fat
						Trans. Fat	0.00*	g	0.00% Calories from Trans. Fat

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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	001001	BUTTER,WITH SALT			
I	019335	SUGARS,GRANULATED			
I	019334	SUGARS,BROWN			
I	002050	VANILLA EXTRACT			
I	001123	EGG,WHOLE,RAW,FRESH			
I	018372	LEAVENING AGENTS,BAKING SODA			
I	020080	WHEAT FLOUR,WHOLE-GRAIN			
I	020581	WHEAT FLR,WHITE,ALL-PURPOSE,ENR,UNBL			
I	900133	Wheat Bran			
I	900134	Flax			
I	012155	WALNUTS,ENGLISH			
I	019080	CANDIES,SEMISWEET CHOC			