

# School Nutrition

## Recipe Sizing Report

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825231 - Pear Gingerbread w/ Lemon Glaz : Pacific NW Pear	Components	Attributes
HACCP Process: No HACCP Process Number of Portions: 48 Size of Portion: each	Meat/Alt: Grains: 2 oz Fruit: Vegetable: Milk:	

Ingredients	Measures	Instructions
051481 Pears, Diced, Extra Light Syrup, Canned..... 018369 LEAVENING AGENTS,BAKING PDR,DOUBLE-ACTIN..... 018372 LEAVENING AGENTS,BAKING SODA..... 002047 SALT, TABLE..... 002021 GINGER, GROUND..... 002010 CINNAMON, GROUND.....	1 #10 can 1/4 cup 2 tsp 2 tsp 3 Tbsp 1 Tbsp	Preheat oven to 350° F. Spray half size sheet pan(s) with pan release. Drain pears and reserve syrup. Divide drained pears evenly and set aside.
020081 WHEAT FLR, WHITE, ALL-PURPOSE, ENR, BLEACHED... 020649 WHEAT FLR, WHOLE-GRAIN, SOFT WHEAT..... 002011 CLOVES, GROUND.....	1 lb + 12 ozs 1 lb + 12 ozs 1 tsp	In a large bowl, combine whole wheat flour, all-purpose flour, ½ of the drained diced pears, baking powder, baking soda, salt, ginger, cinnamon and cloves. Whisk until combined.
901516 SUGARS, BROWN, DARK..... 019335 SUGARS, GRANULATED..... 827669 EGG, WHOLE, RAW, FRESH..... 050382 OIL, VEGETABLE, SOYBEAN, LOW SATURATED F..... 009262 PEAR NECTAR, CND, WO/ VIT C.....	10 ozs 10 ozs 8 large 1 cup 3 cups	In a large mixer bowl, using the flat paddle, combine brown sugar, eggs, granulated sugar and oil. Beat until smooth. Add dry ingredients to the mixture in the mixer bowl, alternating with measured amount of reserved pear syrup/nectar. Beat ingredients just until combined. Do not overmix or gingerbread will be tough. Using a spatula, fold in remaining drained, diced pears. Pour batter evenly into half-size prepared pan(s). Bake for 35 minutes or until lightly browned. Cool in the pan on a rack. <b>CCP: No bare hand contact with ready to eat food.</b>
019336 SUGARS, POWDERED..... 009524 LEMON JUC FROM CONC, BTLD, REAL LEMON.....	2 cups 1/2 cup	To prepare glaze, combine powdered sugar and lemon juice in a small bowl and whisk until smooth. Drizzle lemon glaze evenly over each pan. Cut gingerbread in each half-size sheet pan into 6X4 pieces. Serve with tongs or gloved hands. <b>CCP: No bare hand contact with ready to eat food.</b>

\*Nutrients are based upon 1 Portion Size (each)

Calories	274 kcal	Cholesterol	*31* mg	Sugars	*19.5* g	Calcium	88.55 mg	19.16%	Calories from Total Fat
Total Fat	5.84 g	Sodium	290 mg	Protein	4.42 g	Iron	1.83 mg	3.54%	Calories from Saturated Fat
Saturated Fat	1.08 g	Carbohydrates	53.08 g	Vitamin A	48.1 IU	Water <sup>1</sup>	*26.04* g	*0.01%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	3.88 g	Vitamin C	1.2 mg	Ash <sup>1</sup>	*1.59* g	77.46%	Calories from Carbohydrates
								6.45%	Calories from Protein

**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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\*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

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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