

# Whole Grain Brownie (St. Tammany)

**Recipe: 000391 WG BROWNIE**

Recipe Source: LCM ST. TAMMANY  
 Recipe Group: DESSERTS

**Recipe HACCP Process:**

Alternate Recipe Name:  
 Number of Portions: 120  
 Size of Portion: 1 piece

004630 MARGARINE SPRD, APPROX 48% FAT, TUB.... 019335 SUGARS, GRANULATED.....	2 1/2 LB 4 1/4 LB	1. Cream margarine and sugar together in mixer with paddle attachment.
001123 EGG, WHOLE, RAW, FRESH..... 002050 VANILLA EXTRACT.....	17 large 1/4 CUP	2. Add eggs and vanilla. Mix until fluffy.
050400 FLOUR, WHOLE WHEAT..... 002047 SALT, TABLE..... 019165 COCOA, DRY PDR, UNSWTND.....	1 1/2 LB 2 1/2 TSP 1/2 LB	3. Mix in whole wheat flour, salt, and cocoa. Mix well.  4. Scoop mixture into a greased cake pan.  5. Make sure mixture is evenly spread in pan, especially corners.  6. Bake @ 325°F for 30 minutes.
		7. After baked, while still warm, press down edges.  8. Let cool. Cut 10x12.

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

Calories	137 kcal	Cholesterol	26.44 mg	Sugars	*16.15* g	Calcium	8.94 mg	36.30%	Calories from Total Fat
Total Fat	5.53 g	Sodium	120.43 mg	Protein	2.06 g	Iron	0.63 mg	8.03%	Calories from Saturated Fat
Saturated Fat	1.22 g	Carbohydrates	21.46 g	Vitamin A	*38.77* IU	Water <sup>1</sup>	10.37 g	*2.74%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.42* g	Dietary Fiber	1.39 g	Vitamin C	0.00 mg	Ash <sup>1</sup>	0.48 g	62.59%	Calories from Carbohydrates
								6.00%	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  
<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**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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<b>Miscellaneous</b>		<b>Attributes</b>	<b>Allergens Present</b>	<b>Allergens Absent</b>	<b>Allergens Unidentified</b>
Meat/Alt.....	oz		Y - Egg	N - Milk	
Grain.....	0.250 oz		Y - Soy	N - Peanut	
Fruit.....	cup		Y - Wheat	N - Tree Nut	
Vegetable.....	cup			N - Fish	
Milk.....	cup			N - Shellfish	
<b>Moisture &amp; Fat Change</b>					
Moisture Change.	0%				
Fat Change.....	0%				
Type of Fat.....					

**Production Specification**

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	004630	MARGARINE SPRD,APPROX 48% FAT,TUB			
I	019335	SUGARS,GRANULATED			
I	001123	EGG,WHOLE,RAW,FRESH			
I	002050	VANILLA EXTRACT			
I	050400	FLOUR, WHOLE WHEAT			
I	002047	SALT, TABLE			
I	019165	COCOA, DRY PDR, UNSWTND			

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