

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..... 001123 EGG, WHOLE, RAW, FRESH..... 002050 VANILLA EXTRACT..... 050400 FLOUR, WHOLE WHEAT..... 002047 SALT, TABLE..... 019165 COCOA, DRY PDR, UNSWTND.....	2 1/2 LB 4 1/4 LB 17 large 1/4 CUP 1 1/2 LB 2 1/2 TSP 1/2 LB	1. Cream margarine and sugar together in mixer with paddle attachment. 2. Add eggs and vanilla. Mix until fluffy. 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.
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*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 ¹	10.37 g	*2.74%*	Calories from Trans Fat
Trans Fat ²	*0.42* g	Dietary Fiber	1.39 g	Vitamin C	0.00 mg	Ash ¹	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

¹ - denotes optional nutrient values

² - 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.

Pennington Biomedical Research Center

<u>Miscellaneous</u>			<u>Attributes</u>	<u>Allergens Present</u>	<u>Allergens Absent</u>	<u>Allergens Unidentified</u>
Meat/Alt.....	oz			Y - Egg		? - Milk
Grain.....	oz			Y - Soy		? - Peanut
Fruit.....	cup			Y - Wheat		? - Tree Nut
Vegetable.....	cup					? - Fish
Milk.....	cup					? - Shellfish
<u>Moisture & Fat Change</u>						
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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