

EDEN PRAIRIE SCHOOLS

001902 - Baked Oatmeal:2014 :	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #3 Complex Food Preparation Number of Portions: 16 Size of Portion: 1/2 CUP Alternate Recipe Name: Monster Mash		Y - Milk Y - Egg	N - Peanut N - Tree Nut N - Fish N - Shellfish N - Soy N - Wheat	

Ingredients	Measures	Instructions
020038 OATS.....	1 qt + 2 cups	preheat oven to 350 mix together oats, brown sugar, cinnamon, baking powder, and salt . Beat in milk, eggs, melted butter and vanilla extract. Stir in dried cherries. Spread into meatloaf pan Bake in pre heated oven 20-30 minutes 1/2 cup serving= 1 OZ Grain equivalent
901783 SUGARS,BROWN,LIGHT.....	2 CUPS (packed)	
002010 CINNAMON,GROUND.....	1 Tbsp + 1 tsp	
116622 BAKING POWDER.....	1 Tbsp + 1 tsp	
002047 SALT, TABLE.....	2 tsp	
001175 MILK,FLUID,1% FAT,WO/ ADDED VIT A & VIT...	1 lb	
001123 EGG,WHOLE,RAW,FRESH.....	4 jumbo	
001001 BUTTER,WITH SALT.....	1 cup	
002050 VANILLA EXTRACT.....	1 Tbsp + 1 tsp	
900042 cherries, dried usda BONUS.....	12 ozs	

*Nutrients are based upon 1 Portion Size (1/2 CUP)

Calories	473 kcal	Cholesterol	91 mg	Protein	*12.99* g	Calcium	*108.89* mg	*32.97%*	Calories from Total Fat
Total Fat	*17.33* g	Sodium	692 mg	Vitamin A	*139.9* RE	Iron	*3.30* mg	*16.50%*	Calories from Saturated Fat
Saturated Fat	*8.67* g	Carbohydrates	*67.94* g	Vitamin A	*454.8* IU	Water ¹	*45.55* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	*6.55* g	Vitamin C	*0.0* mg	Ash ¹	*2.59* g	*57.46%*	Calories from Carbohydrates
								10.99%	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