

IOWA DEPARTMENT OF EDUCATION

Recipe: 000003 Banana Oatmeal Bread

Recipe Source: Spend Smart Eat
 Recipe Group: DESSERTS

Recipe HACCP Process:

Alternate Recipe Name:
 Number of Portions: 16
 Size of Portion: each

050385 OIL, VEGETABLE.....	1/3 CUP	
050430 EGGS, WHOLE, FROZEN, PASTEURIZED, RAW.....	2 large egg	
019335 SUGARS, GRANULATED.....	2/3 CUP	
051429 FLOUR, ALL PURPOSE, ENRICHED, UNBLEACHED.....	1/2 CUP	
050401 FLOUR, WHOLE WHEAT.....	1/2 CUP	
050458 OATS, ROLLED, UNENRICHED, QUICK, DRY, NO SALT....	1 CUP	
018372 BAKING SODA.....	1 1/2 TSP	
107922 BAKING POWDER.....	1/2 TSP	
002047 SALT, TABLE.....	1/2 TSP	
009040 BANANAS, RAW.....	1 CUP, mashed	

*Nutrients are based upon 1 Portion Size (each)

Calories	141 kcal	Cholesterol	23.25 mg	Sugars	*10.11* g	Calcium	8.87 mg	35.98%	Calories from Total Fat
Total Fat	5.62 g	Sodium	223.80 mg	Protein	2.65 g	Iron	0.68 mg	6.11%	Calories from Saturated Fat
Saturated Fat	0.96 g	Carbohydrates	20.38 g	Vitamin A	43.22 IU	Water ¹	*10.54* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	1.37 g	Vitamin C	1.22 mg	Ash ¹	*0.46* g	57.99%	Calories from Carbohydrates
								7.54%	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.

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

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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Type of Fat.....			
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Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	050385	OIL, VEGETABLE			
I	050430	EGGS, WHOLE, FROZEN, PASTEURIZED, RA			
I	019335	SUGARS, GRANULATED			
I	051429	FLOUR, ALL PURPOSE, ENRICHED, UNBLEAC			
I	050401	FLOUR, WHOLE WHEAT			
I	050458	OATS, ROLLED, UNENRICHED, QUICK, DRY,			
I	018372	BAKING SODA			
I	107922	BAKING POWDER			
I	002047	SALT, TABLE			
I	009040	BANANAS, RAW			

Notes

Production Notes:

Serving Notes:

Purchasing Guide:

Miscellaneous Notes:
50 GRAMS

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