

Recipe Prep Sheet

BLT Food and Nutrition LLC

990178 - Spice French Toast Peach Bake

Recipe HACCP Process: #2 Same Day Service

Source:

Number of Portions: 100

Portion Size: 1

Ingredient #	Ingredient Name	Measurements	Instructions
004679	OIL,PAM COOKING SPRAY,ORIGINAL	4 spray , about 1/3 second	No Instructions Assigned
120309	Bread – Whole Wheat	100 oz	
051477	Peaches, Diced, Extra Light Syrup, Canned	196 oz	
900040	MARGARINE,REG,HARD,SOYBN (HYDR®)	1 1/2 cup	
119539	Maple Syrup	1 qt	
002035	PUMPKIN PIE SPICE	1/3 cup	
990396	eggs, liquid whole,frozen	6 cup	
001175	MILK,FLUID,1% FAT,WO/ ADDED VIT A & VIT D	1 QT	

*Nutrients are based upon 1 Portion Size (1)

Calories ¹	171.000 kcal	Total Fat	5.771 g	Total Dietary Fiber	3.116 g	Vitamin C	*0.598* mg	30.375% Calories from Total Fat
Saturated Fat ¹	1.493 g	Trans Fat ²	*0.000* g	Protein	4.932 g	Iron	*0.056* mg	7.858% Calories from Sat Fat
Sodium ¹	170.521 mg	Cholesterol	69.605 mg	Vitamin A	*259.453* IU	Water	*9.851* g	*0.000%* Calories from Trans Fat
Sugars	*8.894* g	Carbohydrate	27.413 g	Calcium	*15.077* mg	Ash	*N/A* g	64.123% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			11.537% Calories from Protein
Type of Fat	-							

Components					
Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	cup
		Vegetable	cup	Milk	cup

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 required 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 Mosaic® 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.



USDA Foods in Schools

100220 - Peaches, Diced, Extra Light Syrup, Canned
Category: **Fruit**



Product Description

- This item is U.S. Grade B canned diced peaches packed in extra light syrup or fruit juice. This product is available in cases containing six #10 cans.

Crediting/Yield

- One case yields about 106 1/2-cup servings of drained, diced peaches.
- CN Crediting: 1/2 cup diced peaches credit as 1/2 cup fruit.

Culinary Tips and Recipes

- Peaches can be added to fruit salads, used as a topping for yogurt, or served as a side at breakfast, lunch or afterschool snack.
- Use diced peaches to make a peach sauce or glaze for chicken.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or [USDA's Team Nutrition](#).

Food Safety Information

- For more information on safe storage and cooking temperatures, and safe handling practices, please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

Visit us at www.fns.usda.gov/usda-fis

Nutrition Facts

Serving size: 1/2 cup (124g) peaches, diced, extra light syrup, canned

Amount Per Serving

Calories 60

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 10mg

Total Carbohydrate 14g

Dietary Fiber 0g

Sugars 13g

Protein 0g

Source: USDA Foods Vendor Labels

Allergen Information: Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, contact the product manufacturer.

Nutrient values in this section are from the USDA Food Composition Database or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

USDA Foods Product Information Sheet

For Child Nutrition Programs



100046—Eggs, Liquid Whole, Frozen

Category: **Meat/Meat Alternate**



PRODUCT DESCRIPTION

This item is Grade A, AA, or Nest-Run frozen, homogenized whole eggs with a color stabilizer. The liquid eggs are packaged in a pitcher-pour type 5-pound carton with six cartons per case. This item is shipped frozen.

CREDITING/YIELD

- One case of liquid whole eggs yields approximately 540 1.5-Tbsp servings.
- CN Crediting: Approximately 1.5 Tablespoons of liquid whole eggs yields approximately 1 ounce equivalent meat/meat alternate.

CULINARY TIPS AND RECIPES

- Liquid eggs can be cooked and served as a meat alternate or used as an ingredient in recipes when cooking or baking.
- For more culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or USDA's [Team Nutrition](#).

FOOD SAFETY INFORMATION

- For more information on safe storage and cooking temperatures, and safe handling practices please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

NUTRITION FACTS

Serving size: 1.5 Tbsp (25 g)/1 MMA eggs, liquid whole

Amount Per Serving

Calories 35

Total Fat 3g

Saturated Fat 1g

Trans Fat 0g

Cholesterol 108mg

Sodium 35mg

Total Carbohydrate 0g

Dietary Fiber 0g

Sugars 0g

Protein 3g

Source: USDA Foods Vendor Labels

Allergen Information: Contains eggs. Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, please contact the product manufacturer directly.

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.