

LunchByte Systems, Inc. 800-724-9853

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Recipe

Jul 29, 2013

Recipe: 000001 Power Bar

Recipe Source:

Recipe Group: SNACKS

Recipe HACCP Process:

Alternate Recipe Name:

Number of Portions: 80

Size of Portion: bars

| | | |
|--|--|---|
| 050454 OATS, ROLLED, UNENRICHED, QUICK, DRY, NO SALT... 901530 SUGARS,BROWN,LIGHT..... 900072 CRANBERRIES, WHOLE, SLICED DRIED-COMMODITY.... 002047 SALT, TABLE..... 001092 MILK, DRY, NONFAT, INST, W/ VIT A..... 902415 Sun Butter..... | 3 QT 3 CUP, packed 1 QT 1 TBSP 1 1/2 QT 3 CUP | Preheat oven to 350° Mix Dry Ingredients in large bowl or hobart mixer |
| 012037 SUNFLOWER SD KRNLs, DRY RSTD, WO/SALT..... 019296 HONEY..... 050385 OIL, VEGETABLE..... 901530 SUGARS,BROWN,LIGHT..... 002050 VANILLA EXTRACT..... 019297 JAMS AND PRESERVES..... | 2 LB 1/2 CUP 1 1/2 CUP 5 CUP, packed 1 TBSP 12 OZ | Melt butter, nut butter, honey, and sugar until fluffy. Stir in remaining ingredients and press into greased pan. Bake at 350-375° for 15-20 minutes |

*Nutrients are based upon 1 Portion Size (bars)

| | | | | | | | | | |
|------------------------|----------|---------------|-----------|-----------|-----------|--------------------|-----------|---------|-----------------------------|
| Calories | 349 kcal | Cholesterol | 0.92 mg | Protein | 7.66 g | Calcium | 102.63 mg | 41.05% | Calories from Total Fat |
| Total Fat | 15.92 g | Sodium | 157.23 mg | Vitamin A | 37.27 RE | Iron | 1.59 mg | 4.72% | Calories from Saturated Fat |
| Saturated Fat | 1.83 g | Carbohydrate | 45.99 g | Vitamin A | 126.74 IU | Water ¹ | *2.38* g | *0.00%* | Calories from Trans Fat |
| Trans Fat ¹ | *0.00* g | Dietary Fiber | 3.26 g | Vitamin C | 1.10 mg | Ash ¹ | *1.39* g | 52.70% | Calories from Carbohydrates |
| | | | | | | | | 8.78% | 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

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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| <u>Miscellaneous</u> | | <u>Attributes</u> | <u>Allergens Present</u> | <u>Allergens Absent</u> | <u>Allergens Unidentified</u> |
|----------------------------------|---------|-------------------|--------------------------|-------------------------|-------------------------------|
| Meat/Alt..... | oz. | | | | ? - Allergen 1 |
| Grain..... | srv. | | | | ? - Allergen 2 |
| Fruit..... | cup | | | | ? - Allergen 3 |
| Vegetable..... | cup | | | | ? - Allergen 4 |
| Milk..... | fl. oz. | | | | ? - Allergen 5 |
| <u>Moisture & Fat Change</u> | | | | | ? - Allergen 6 |
| Moisture Change | 0% | | | | ? - Allergen 7 |
| Fat Change..... | 0% | | | | ? - Allergen 8 |
| Type of Fat..... | | | | | |

Production Specification

| I/R | Ing # | Ingredient or Sub-Recipe | Measure | Measure | Round |
|-----|--------|---------------------------------------|---------|---------|-------|
| I | 050454 | OATS, ROLLED, UNENRICHED, QUICK, DRY, | | | |
| I | 901530 | SUGARS,BROWN,LIGHT | | | |
| I | 900072 | CRANBERRIES, WHOLE, SLICED DRIED-COM | | | |
| I | 002047 | SALT, TABLE | | | |
| I | 001092 | MILK, DRY, NONFAT, INST, W/ VIT A | | | |
| I | 902415 | Sun Butter | | | |
| I | 012037 | SUNFLOWER SD KRNLs, DRY RSTD, WO/SALT | | | |
| I | 019296 | HONEY | | | |
| I | 050385 | OIL, VEGETABLE | | | |
| I | 901530 | SUGARS,BROWN,LIGHT | | | |
| I | 002050 | VANILLA EXTRACT | | | |
| I | 019297 | JAMS AND PRESERVES | | | |

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