

Pumpkin Bar 2

Servings:	320.00
Meal Type:	Lunch
Category:	Other
HACCP Process:	Complex Food Prep

Pumpkin Bar - No oil

Nutrition Information

Calories	69.16	Protein	0.80g
Fat	0.42g	SaturatedFat	0.13g
Trans Fat	0.00g	Cholesterol	17.92mg
Carbohydrates	15.74g	Fiber	0.56g
Sugar	11.40g	Sodium	142.98mg
Iron	0.22mg	Vitamin C	0.71mg
Vitamin A	2095.15IU	Calcium	8.29mg

Ingredients

6 Quart PUMPKIN FCY 6-10 GFS

2 Cans of Pumpkin

17 3/4 Cup SUGAR CANE GRANUL 25# GFS

8.86 LBS

48 Ounce EGG SHL LRG A GRD 6-30CT GFS

Eggs

1/2 Cup BAKING POWDER DBL ACTION 4-5 RDSTR

1/2 Cup SPICE CINNAMON GRND 15Z TRDE

1/4 Cup SALT IODIZED 24-26Z GFS

1/4 Cup BAKING SODA 36Z GFS

12 Cup FLOUR A/P PASTRY 2-25# KING

5.98 lbs

3 Quart APPLESAUCE UNSWT 6-10 COMM

1 #10 Can

Preparation Instructions

Combine Sugar & Eggs- blend until creamy.

Add oil & pumpkin and blend.

Blend dry ingredients together and then add to wet. Mix well.

Spray & Flour 4 sheets & divide batter equally (about 16 cups per pan)

Bake at 300/low blower for 15minutes, turn & bake for another 20 minutes.