

# Pumpkin Bar 2

<b>Servings:</b>	320.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Other
<b>HACCP Process:</b>	Complex Food Prep

Pumpkin Bar - No oil

## Nutrition Information

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