

Pumpkin Bar

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

Pumpkin Bar

Nutrition Information

Calories	141.16	Protein	0.80g
Fat	8.82g	SaturatedFat	1.33g
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

3/4 Gallon OIL VEG 6-1GAL COMM

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

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.