

Gingerbread



Servings:	100.00	Category:	Grain
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12057

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WHOLE WHEAT FLOUR STONE GROUND	1 7/8 Quart		330094
FLOUR WHEAT HI-GLUTEN UNBLCHD	1 3/4 Pound		683491
BAKING SODA	1 Fluid Ounce 5/8 Tablespoon (2 5/8 Tablespoon)		513849
SPICE GINGER GRND	3/8 Cup		513695
SPICE CINNAMON GRND	1 Fluid Ounce 5/8 Tablespoon (2 5/8 Tablespoon)		224723
SPICE CLOVES GRND	2 Teaspoon		224774
MARGARINE SLD	1 1/4 Cup		733061
SUGAR BROWN MED	1 Pint 1 Cup (3 Cup)	UNSPECIFIED	108626
MOLASSES	1 1/4 Quart		234303
Tap Water for Recipes	1 1/4 Quart	UNPREPARED	000001WTR
EGG WHL LIQ	1 Pint 5/8 Cup (2 5/8 Cup)		284122

Preparation Instructions

Directions:

Place flour, baking soda, ginger, cinnamon, and cloves in a commercial mixer (batch as needed). Using a paddle attachment, mix on low speed for 1 minute. Leave dry ingredients in mixer. Set aside for step 4.

Combine margarine, sugar, molasses, and boiling water in a large bowl. Stir until margarine is melted.

Add eggs.

Add molasses mixture to dry ingredients and stir until lumps are removed.

(Optional) Add lemon or orange zest.

Pour 1 qt 2 cups (about 3 lb) batter into a half steam table pan (12" x 10" x 2 1/2") lightly coated with pan release spray.

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Bake until edges are dark and middle is firm to touch:

Conventional oven: 350 °F for 35-45 minutes. Convection oven: 325 °F for 30-35 minutes.

Portion: Cut each pan 5 x 5 (25 pieces per pan).

Notes:

1: *See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1 piece provides 1 oz equivalent grains.

5: CACFP Crediting Information: 1 piece provides 1 serving grains/breads.

Meal Components (SLE)

Amount Per Serving

Meat	0.249
Grain	1.013
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	163.06		
Fat	3.31g		
SaturatedFat	1.22g		
Trans Fat*	0.00g		
Cholesterol	24.21mg		
Sodium	205.47mg		
Carbohydrates	30.58g		
Fiber	1.16g		
Sugar	18.61g		
Protein	3.33g		
Vitamin A	159.60IU	Vitamin C	0.00mg
Calcium	42.78mg	Iron	1.75mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available