| 001902 - Baked Oatmeal:2014 : | Attributes | Allergens | Allergens | Allergens |
|--|------------|-----------|---------------|--------------|
| 001302 - Bakeu Oatilleal.2014 . | Attributes | Present | Absent | Unidentified |
| HACCP Process: #3 Complex Food Preparation | | Y - Milk | N - Peanut | |
| Number of Portions: 16 | | Y - Egg | N - Tree Nut | |
| Size of Portion: 1/2 CUP | | | N - Fish | |
| Alternate Recipe Name: Monster Mash | | | N - Shellfish | |
| | | | N - Soy | |
| | | | N - Wheat | |

| Ingredients | Measures | Instructions |
|--|-----------------|--|
| 020038 OATS | 1 qt + 2 cups | preheat oven to 350 |
| 901783 SUGARS,BROWN,LIGHT | 2 CUPS (packed) | |
| 002010 CINNAMON,GROUND | 1 Tbsp + 1 tsp | mix together oasts, brown sugar, cinnamon, baking powder, and salt. Beat in milk, eggs, melted butter and vanilla extract. Stir in dri ed cherries. |
| 116622 BAKING POWDER | 1 Tbsp + 1 tsp | Spread into meatloaf pan |
| 002047 SALT,TABLE | 2 tsp | Bake in pre heated oven 20-30 minutes |
| 001175 MILK,FLUID,1% FAT,WO/ ADDED VIT A & VIT | 1 lb | ' |
| 001123 EGG,WHOLE,RAW,FRESH | 4 jumbo | 1/2 cup serving= 1 OZ Grain equivalent |
| 001001 BUTTER,WITH SALT | 1 cup | |
| 002050 VANILLA EXTRACT | 1 Tbsp + 1 tsp | |
| 900042 cherries, dried usda BONUS | 12 ozs | |
| | | |

*Nutrients are based upon 1 Portion Size (1/2 CUP)

| Calories | 473 kcal | Cholesterol | 91 mg | Protein | *12.99* g | Calcium | *108.89* mg | *32.97%* Calories from Total Fat |
|---------------|-----------|---------------|-----------|-----------|------------|--------------------|-------------|--------------------------------------|
| Total Fat | *17.33* g | Sodium | 692 mg | Vitamin A | *139.9* RE | Iron | *3.30* mg | *16.50%* Calories from Saturated Fat |
| Saturated Fat | *8.67* g | Carbohydrates | *67.94* g | Vitamin A | *454.8* IU | Water ¹ | *45.55* g | *0.00%* Calories from Trans Fat |
| Trans Fat1 | *0.00* g | Dietary Fiber | *6.55* g | Vitamin C | *0.0* mg | Ash ¹ | *2.59* g | *57.46%* Calories from Carbohydrates |
| | | | | | | | | *10.99%* Calories from Protein |

^{*}N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient

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.

^{* -} denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values