

Milam 1

Recipe: 000352 Blackberry Quick Bread

Recipe Source: Local
 Recipe Group: DESSERTS

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name: Blackberry bread

Number of Portions: 10
 Size of Portion: loaf pan; 1/10

		Preheat oven to 375°
		Oil a 9" x 5" loaf pan.
019335 SUGAR, GRANULATED.....	3/4 CUP	In a medium bowl, stir sugar, milk, butter, and egg together until smooth.
001082 MILK 1% LOWFAT.....	1/2 CUP	
001145 BUTTER, WITHOUT SALT.....	4 TBSP	
001123 EGGS, WHOLE, FRESH & FROZEN.....	1 large	
020081 FLOUR, ALL PURPOSE WHITE, ENRICHED, BLEACHED....	2 CUP	In another bowl, toss the flour with baking powder and salt.
018370 BAKING POWDER, DOUBLE-ACTING, PHOSPHATE.....	2 TSP	
002047 SALT, TABLE.....	1/4 TSP	
		Stir this into the wet ingredients.
009042 BLACKBERRIES, RAW.....	2 CUP	Fold in blackberries.
		Transfer batter to the prepared pan.
		Bake until top is deep golden and has formed a thick crust (about 30 minutes)
		Cool in pan for 5 minutes, then transfer to a wire rack to continue cooling.

Calories	215	Iron	1.54 mg	Protein	4.07 g	7.56%	Calories from Prot
Cholesterol	34 mg	Calcium	98.57 mg	Carbohydrates	37.83 g	70.28%	Calories from Carb
Sodium	145 mg	Vitamin A	251.7 IU	Total Fat	5.60 g	23.42%	Calories from T Fat
Dietary Fiber	2.20 g	Vitamin A	64.1 RE	Saturated Fat	3.19 g	13.34%	Calories from S Fat
		Vitamin C	6.05 mg	Trans. Fat	N/A* g	%	Calories from Trans. Fat

Note: * - asterisk denotes nutrients with either missing or incomplete nutrient data.

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.

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Miscellaneous		Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt.....	oz.		Y - Milk	N - Peanut	
Grain/Bread.....	srv.		Y - Egg	N - Tree Nut	
F/V/J.....	cup		Y - Wheat	N - Fish	
Milk.....	fl. oz.			N - Shellfish	
				N - Soy	
Moisture & Fat Change					
Moisture Change.	0%				
Fat Change.....	0%				
Type of Fat.....					

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	019335	SUGAR, GRANULATED			
I	001082	MILK 1% LOWFAT			
I	001145	BUTTER, WITHOUT SALT			
I	001123	EGGS, WHOLE, FRESH & FROZEN			
I	020081	FLOUR, ALL PURPOSE WHITE, ENRICHED, BLE			
I	018370	BAKING POWDER, DOUBLE-ACTING, PHOSPHA			
I	002047	SALT, TABLE			
I	009042	BLACKBERRIES, RAW			

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