

Idaho Department of Education

Recipe: 000179 Patriotic Fruit Cream Bar K-12

Recipe Source:
Recipe Group: BREAKFAST

Recipe HACCP Process:

Alternate Recipe Name:
Number of Portions: 100
Size of Portion: 1 Square

902469 USDA Blueberries, Frozen, 100243..... 902463 USDACherries, Canned, Red Tart, Pitted 100228... 001017 CHEESE,CREAM.....	9 LB 6 #10 Can 2 LB	Preheat oven: conventional oven 400°F; convection oven to 350°F. <u>Prepare Ingredients:</u> Thaw blueberries and drain. Drain cherries well. Remove cream cheese from refrigerator and let sit out at room temperature for 30 minutes.
902467 USDA Oats, Rolled, Quick 100467..... 019353 SYRUPS,MAPLE.....	4 1/4 LB 1 QT	<u>Prepare Oatmeal Crust:</u> Spray four deep steam table pans well with non-stick cooking spray. In a large bowl, mix uncooked oatmeal and maple syrup. Divide oatmeal mixture evenly into four parts. Spread oatmeal mixture evenly on the bottom of each steam table pan.
019335 SUGARS,GRANULATED..... 902468 USDA Eggs, Pasteurized, Whole 100046..... 902474 Yogurt, Plain, Fat Free..... 902466 USDA Flour, Whole Wheat 100410..... 002050 VANILLA EXTRACT.....	1 QT 12 1/2 CUP 6 1/4 (32 oz Container) 1 CUP 1 CUP	<u>Prepare Yogurt Cream:</u> In a mixer using the whip attachment, whip cream cheese until it becomes smooth. Mix in sugar until smooth. Slowly add eggs until they are fully incorporated. Turn mixer off and use a spatula to scrape the bottom of the bowl to release any ingredients. Turn the mixer on until mixture is smooth. Add yogurt, flour, and vanilla. Mix until well incorporated.
019335 SUGARS,GRANULATED.....	1 CUP	<u>Assemble Patriotic Fruit Cream Bar:</u> Pour yogurt cream over the oatmeal crust. Toss drained cherries and blueberries with remaining sugar. Evenly distribute cherries and blueberries over the yogurt cream. Using a flat spatula, gently push about half of the fruit down into the yogurt cream. <u>Bake Patriotic Fruit Cream Bar:</u> Bake for 1 hour. Cool in the refrigerator overnight. Cut each pan into 25 servings. Serve chilled.

*Nutrients are based upon 1 Portion Size (1 Square)

Calories	393 kcal	Cholesterol	406.70 mg	Protein	18.42 g	Calcium	221.20 mg	31.44%	Calories from Total Fat
Total Fat	13.73 g	Sodium	238.53 mg	Vitamin A	412.21 RE	Iron	22.27 mg	11.87%	Calories from Saturated Fat
Saturated Fat	5.18 g	Carbohydrates	48.49 g	Vitamin A	2070.85 IU	Water ¹	*10.18* g	*23.18%*	Calories from Trans Fat
Trans Fat ¹	*10.12* g	Dietary Fiber	3.41 g	Vitamin C	5.24 mg	Ash ¹	*0.19* g	49.35%	Calories from Carbohydrates
								18.75%	Calories from Protein

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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N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - denotes optional nutrient values

Miscellaneous		Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt.....	1.500 oz				? - Milk
Grain.....	1.250 oz				? - Egg
Fruit.....	0.750 cup				? - Peanut
Vegetable.....	cup				? - Tree Nut
Milk.....	cup				? - Fish
Moisture & Fat Change					? - Shellfish
Moisture Change.	0%				? - Soy
Fat Change.....	0%				? - Wheat
Type of Fat.....					

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	902469	USDA Blueberries, Frozen, 100243			
I	902463	USDACherries, Canned, Red Tart, Pitted 100228			
I	001017	CHEESE,CREAM			
I	902467	USDA Oats, Rolled, Quick 100467			
I	019353	SYRUPS,MAPLE			
I	019335	SUGARS,GRANULATED			
I	902468	USDA Eggs, Pasteurized, Whole 100046			
I	902474	Yogurt, Plain, Fat Free			
I	902466	USDA Flour, Whole Wheat 100410			
I	002050	VANILLA EXTRACT			
I	019335	SUGARS,GRANULATED			

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