

# Pumpkin Squares, WGR (SR108263)

HACCP Process: Process 2: Same day service  
 Meal Contribution: 1 WGR, 1 Grain-D  
 Number of Servings: 60.00 Serving Size: 1 piece  
 Moisture gain/loss%: 0.0000 Yield: 10 Pound, 8 1/4 Ounce  
 Waste gain/loss%: 0.0000 Fat gain/loss% : 0.0000  
 Total Recipe Cost: \$0.0000 Cost Per Serving: \$0.0000

Stock Item#	Stock Item	Stock Quantity	Cost (\$)	Ingredient Name	Quantity
				Flour, whole wheat, may contain added calcium [100407, B351] 50400	1 Pound, 6 Ounce
				Flour, all purpose, enriched (thiamin, riboflavin, niacin, folic acid, iron), white, unbleached, may have added calcium [100401, B188] 50394	13 Ounce
				Leavening agents, baking powder, double-acting, sodium aluminum sulfate 18369	2 tablespoon
				Spices, cinnamon, ground 2010	2 tablespoon
				Leavening agents, baking soda 18372	1 tablespoon
				Salt, table 2047	1 1/2 teaspoon
				Eggs, whole, frozen, raw, pasteurized, homogenized, with color stabilizer [100046] 50430	14 large egg
				Pumpkin, canned, without salt 11424	1 Quart, 1 Cup
				Sugars, granulated 19335	1 Quart, 1 Cup
				Oil, vegetable, soybean, refined, bleached, and deodorized, low saturated fat, no trans fat [100442] 50382	3 1/2 Cup

**Tips/Comments**

- Contains:  
Egg  
Wheat

**Preparation Instructions**

- 1. Preheat convection oven to 350°F or conventional oven to 375°F. Coat a full sheet pan with cooking spray.
- 2. Whisk together whole-wheat flour, all-purpose flour, baking powder, cinnamon, baking soda and salt in a large bowl. Whisk together eggs, sugar, oil and pumpkin in another large bowl. Add dry ingredients to the wet ingredients and mix well. (Do not overmix.) Scrape mixture onto the prepared sheet pan and spread evenly.
- 3. Bake until a toothpick inserted in the center comes out clean, 15 to 25 minutes.

**Nutritional Information**

	Fat	SFat	Carb	Protein	Sugar
<b>% of Calories</b>	49.11	8.43	47.87	5.81	26.765

**Nutrients per 100 g**

FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
325.65	17.77	3.051	0(M)	54.623	236.895	38.975	2.722	21.79(M)	4.731	1.585	58.103	4080.55	1.091	23.187 (M)	0.843(M)

**Nutrients per serving (79.454 g)**

FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
258.742	14.119	2.424	0(M)	43.4	188.223	30.967	2.163	17.313 (M)	3.759	1.259	46.165	3242.17	0.867	18.423 (M)	0.67(M)

(M) Indicates missing values.

1 Trans Fat is provided for informational purposes, not for monitoring purposes.