

colorado dept of education

000214 - POURABLE PIZZA CRUST, WGR

Source:
 Number of Portions: 50
 Size of Portion: SERVINGS

Alternate Menu Name: USDA REVISED

Recipe HACCP Process:

Meat/Alt: 0 oz.
 Grains: 2 SRV.
 Fruit: 0 Cup
 Vegetable: 0 Cup
 Milk: 0 FLOZ

018375 LEAVENING AGENTS, YEAST, BAKER'S, ACTIVE DRY.... 3 TBSP 020081 WHEAT FLR, WHITE, ALL-PURPOSE, ENR, BLEACHED... 1 LB + 12 OZ 020080 WHEAT FLOUR, WHOLE-GRAIN..... 1 LB + 12 OZ 001155 MILK, DRY, NONFAT, INST, WO/ VIT A..... 9 1/4 OZ 019335 SUGARS, GRANULATED..... 5 1/4 OZ 002047 SALT, TABLE..... 1 1/4 TSP 050385 OIL, VEGETABLE..... 2 TBSP 014429 WATER, MUNICIPAL..... 2 QT 020022 CORNMEAL, DEGERMED, ENR, YEL..... 2 1/2 OZ	For best results, have all ingredients and utensils at room temperature. 1. Mix dry yeast, flour, dry milk, sugar, and salt together. 2. Add oil to dry mixture blend for 4 minutes on low speed. 3. Add water to dry ingredients. Blend for 10 minutes on medium speed. Batter will be lumpy. 4. For 50 servings, lightly coat 2 sheet pans (18" x 26" x 1") and 1 half-sheet pan (13" x 18" x 1") with pan release spray. For 100 servings, lightly coat 5 sheet pans (18" x 26" x 1") with pan release spray. Sprinkle each full sheet pan with 1 oz (approximately ¼ cup) cornmeal and sprinkle each half-sheet pan with ½ oz (approximately 2 Tbsp) cornmeal. 5. Pour or spread 3 lb 7 oz (2 qt 1 cup) batter into each sheet pan and 1 lb 11 ½ oz (1 qt ½ cup) into each half-sheet pan. Let stand for 20 minutes. 6. Prebake until crust is set: Conventional oven: 475° F for 10 minutes Convection oven: 425° F for 7 minutes 7. When ready to serve, portion by cutting each sheet pan 4 x 5 (20 pieces per pan). Portion by cutting each half-sheet pan 2 x 5 (10 pieces per pan).
Serving	
1 piece provides 2 servings of whole grain rich (WGR) grains.	

*Nutrients are based upon 1 Portion Size (SERVINGS)

Calories	154 kcal	Cholesterol	0.94 mg	Protein	5.97 g	Calcium	73.80 mg	7.08%	Calories from Total Fat
Total Fat	1.21 g	Sodium	90.01 mg	Vitamin A	0.84 RE	Iron	1.40 mg	1.23%	Calories from Sat Fat
Saturated Fat	0.21 g	Carbohydrate	30.68 g	Vitamin A	5.25 IU	Water ¹	*41.88* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	2.38 g	Vitamin C	0.30 mg	Ash ¹	*0.98* g	79.44%	Calories from Carbohydrates
								15.46%	Calories from Protein

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

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.