

WGR Sweet Potato and Plum Bread Square

Recipe Component: Grain

Recipe Category: Bread

Recipe # modified USDA Mixing Bowl

Ingredients	80 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Whole wheat flour		1 qt 1 ½ cup			<p>1. Blend flour, sugar, brown sugar, baking powder, baking soda, salt, allspice, and cinnamon 3-4 minutes on low speed.</p> <p>2. Add canola oil and 1/2 of the mashed sweet potatoes and mix for 3 minutes on low speed. Add eggs and milk. Mix for 1 minute on low speed.</p> <p>3. Add dehydrated plums, and remaining sweet potatoes. Mix for 3 minutes on low speed. Batter will be very thick.</p> <p>4. Lightly coat steam table pans with pan release spray.</p> <p>5. Pour 10 lb 10 oz (3 qt 1 cup) batter into each steam table pan (12" x 20" x 2 1/2"). For 50 servings, use 1 pan. For 100 servings, use 2 pans.</p> <p>6. Bake until a knife inserted in the center comes out clean, Conventional oven: 350° F about 1 hour. Convection oven: 300° F about 40 minutes</p> <p>Cool. Cut each pan 8 x 10 (80 pieces per pan).</p>
Enriched all-purpose flour		1 qt 1 cup			
Sugar	14 1/2 oz	2 cup			
Brown sugar, packed	15 oz	3 1/2 cup			
Baking powder		2 Tbsp ½ tsp			
Baking soda		3 Tbsp			
Salt		1 tsp			
Ground allspice		1 ½ tsp			
Ground cinnamon		1 Tbsp			
Canola oil		2 ¼ cup			
Canned cut sweet potatoes, drained, mashed	3 lb 4 oz	1 qt 2 ¼ cup			
Fresh pasteurized eggs, large OR Whole pasteurized eggs, liquid		5 each OR 1 cup			
Low-fat milk		2 cup			
Pitted prunes, diced, 1/4-inch	7 1/2 oz	1 ¼ cup			

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Notes:

May prepare as muffins. Portion as one serving equals one muffin. Decrease baking time for muffins.

Nutrient Information per Food Processor



Serving: 1 square provides 1 oz grain

1-2 years: 1/2 square

3-5 years: 1/2 square

6-18 years: 1 square

Recipe prepared as a muffin

Nutrients Per Serving

Calories	186.76	Saturated Fat	0.66 g	Iron	1.08 mg
Protein	2.98 g	Cholesterol	12.03 mg	Calcium	47.92 mg
Carbohydrate	28.94 g	Vitamin A	92.93 RAE mcg	Sodium	234.55 mg
Total Fat	7.02 g	Vitamin C	1.08 mg	Dietary Fiber	1.68g