

# SCVSFSA

**Recipe: 000923 Gingerbread Men**

Recipe Source: SCVSFSA  
 Recipe Group: DESSERTS

**Recipe HACCP Process: #3 Complex Food Preparation**

Alternate Recipe Name:  
 Number of Portions: 125  
 Size of Portion: 1 Cookie

004587 SHORTENING,SPL PURPOSE FOR BAKING,SOYBN (HYDR...	1 2/3 CUP	
902505 SUGARS,BROWN,LIGHT.....	5 CUP, packed	
019304 MOLASSES.....	7 1/2 CUP	
075010 WATER,COLD.....	3 1/3 CUP	
050391 FLOUR, ALL PURPOSE, ENRICHED, WHITE, BLEACHED.....	35 CUP	
002047 SALT, TABLE.....	5 TSP	
902825 Baking Soda.....	1/4 CUP	
902827 Allspice, ground.....	5 TSP	
902826 Ginger, ground.....	5 TSP	
002011 CLOVES,GROUND.....	1/8 CUP	
002010 CINNAMON,GROUND.....	1/8 CUP	

\*Nutrients are based upon 1 Portion Size (1 Cookie)

Calories	245 kcal	Cholesterol	0.00 mg	Protein	3.65 g	Calcium	56.17 mg	11.47%	Calories from Total Fat
Total Fat	3.12 g	Sodium	223.56 mg	Vitamin A	0.09 RE	Iron	2.66 mg	3.13%	Calories from Saturated Fat
Saturated Fat	0.85 g	Carbohydrates	50.72 g	Vitamin A	0.53 IU	Water <sup>1</sup>	*10.95* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	1.07 g	Vitamin C	0.03 mg	Ash <sup>1</sup>	*0.97* g	82.91%	Calories from Carbohydrates
								5.97%	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  
<sup>1</sup> - denotes optional nutrient values

<b>Miscellaneous</b>	<b>Attributes</b>	<b>Allergens Present</b>	<b>Allergens Absent</b>	<b>Allergens Unidentified</b>
Meat/Alt..... oz		Y - Soy	N - Milk	
Grain..... 2 oz		Y - Wheat	N - Egg	
Fruit..... cup			N - Peanut	
Vegetable..... cup			N - Tree Nut	
Milk..... cup			N - Fish	
<b>Moisture &amp; Fat Change</b>			N - Shellfish	
Moisture Change..... 0%				
Fat Change..... 0%				

**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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Type of Fat.....			
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**Production Specification**

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	004587	SHORTENING,SPL PURPOSE FOR BAKING,S			
I	902505	SUGARS,BROWN,LIGHT			
I	019304	MOLASSES			
I	075010	WATER,COLD			
I	050391	FLOUR, ALL PURPOSE, ENRICHED, WHITE, B			
I	002047	SALT, TABLE			
I	902825	Baking Soda			
I	902827	Allspice, ground			
I	902826	Ginger, ground			
I	002011	CLOVES,GROUND			
I	002010	CINNAMON,GROUND			

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