

Fruit Pan Dowdy

Fruit

Dessert

Team Nutrition

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Peaches (canned)		1 #10 can		2 #10 can	1. Drain peach slices and reserve juice. Set aside. 2. Using the paddle attachment, blend flour, baking soda, salt and sugar at low speed for 30 seconds. 3. Whisk eggs until smooth. Add eggs, reserved juice (from step 1) and water to dry ingredients and mix at low speed for 1 minute. Scrape sides of bowl and mix at medium speed for 1 minute. 4. Spread 3 lb 12 oz (1 qt + 2 cups) of batter in each lightly greased steam table pan (12x20x2) 5. Distribute 3 lb 9 oz (1 qt + ½ cups) of peaches evenly over each pan of batter. 6. Blend brown sugar and cinnamon. Sprinkle ½ cup evenly over each pan. 7. Bake in a 325* oven for 50 minutes. 8. Cut each pan into 25 portions. (5x5)
Flour	3 lb		6 lb		
Baking soda		3 tbsp		6 tbsp	
Salt		1 tbsp		2 tbsp	
Sugar (granulated)	1 lb + 1 oz		2 lb + 2 oz		
Eggs	6 oz		12 oz		
Water		1 qt ½ cup		2 qt 1 cup	
Sugar (brown)	8 oz		1 lb		
Cinnamon		1 tbsp		2 tbsp	
SERVING: 1 piece provides ¼ cup of fruit.					
HACCP Process: #2 Same day process.					



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Notes:

Marketing Guide for Selected Items		
Food as Purchased for	50 Servings	100 Servings

Serving:	Yield:	Volume:
Serving provides ¼ cup of fruit.	50 Servings: 12 lb 6 oz	50 Servings:
	100 Servings: 24 lb 12 oz	100 Servings:

Nutrients Per Serving					
Calories	193	Saturated Fat	0.13 g	Iron	1.68 mg
Protein	3.47 g	Cholesterol	13 mg	Calcium	13.58 mg
Carbohydrate	44.22 g	Vitamin A	236 IU	Sodium	375 mg
Total Fat	0.59 g	Vitamin C	1.50 mg	Dietary Fiber	1.64 g

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