MEALS on WHEELS SAN DIEGO COUNTY

Peanut Butter Chocolate Bites

Yield 24

Portion Size: 1 Bite

AMT	UNIT	INGREDIENTS
2.5	oz	white sugar
0.33	cup	fat free milk
0.5	cup	peanut butter
1	tsp.	vanilla extract
7	oz	rolled oats
1.7	oz	chocolate chips

PROCEDURES

In saucepan, combine sugar and milk over medium heat.
Stir well and bring to a boil for 1.5 minutes.
Stir in peanut butter and vanilla.
Remove from heat and add remaining ingredients; stir well to incorporate.
Using a #60 scoop make 1-T. size balls and place on waxed paper. Refrigerate.

HACCP: Hold chilled food for service at an internal temperature of 41°F or below. Do not mix old product with new. Keep all leftover product chilled at 41°F or below.

Recipe Nutrition Summary	Yield:	24 (1.000 item(s))				
Ingredients						
0.330 c. Milk, Reduced Fat, Fluid, 2% Milkfat w/ Added Vitamin A & Vitamin D						
0.500 c. Peanut Butter, Smooth						
1.000 t. Vanilla Extract						
7.000 oz. QUAKER Quick Oats, Dry						
1.700 oz. Chocolate, Semisweet, Chips						
2.500 oz. Sugar, White Granulated						
Macronutrients				**Percentage of Kcals**		
Kilocalories		85.285	kcal			
Trans Fatty Acid			g	Protein	11.7%	
Sugar, Total			g	Carbohydrate	48.9%	
Protein		2.666	g	Fat, total	38.9%	
Carbohydrate		11.100	g	Alcohol	0.5%	
Fat, Total		3.924	g			
Alcohol		0.060	g			
Cholesterol		0.268	mg			
Saturated Fat		1.051	g			
Monounsaturated Fat		1.674	g			
Polyunsaturated Fat		0.967	g			
Trans Fatty Acid		0.003	g			
Dietary Fiber, Total		1.216	g			
Sugar, Total		4.843	g			
Vitamins & Minerals						
Sodium		26.571	mg	Phosphorus	62.711	mg
Potassium		76.560	mg	Magnesium	33.238	mg
Vitamin A (RE)		1.913	RE	Zinc	0.469	mg
Vitamin C		0.007	mg	Copper	0.070	mg
Calcium		10.897	mg	Manganese	0.451	mg
Iron		0.549	mg	Selenium	3.296	µg
Vitamin D (ug)		0.040	µg	Chromium	0.014	mg
Vitamin E (mg)		0.001	mg			
Thiamin		0.051	mg			
Riboflavin		0.024	mg			
Niacin		0.795	mg			
Pyridoxine (Vitamin B6)		0.039	mg			
Folate (Total)		7.021	µg			
Cobalamin (Vitamin B12)		0.018	µg			
Biotin		2.117	µg			
Pantothenic Acid		0.129	mg			
Vitamin K		0.416	µg			

Peanut Butter Chocolate Bites

Ingredient	50 Servings	100 Servings	150 Servings	200 Servings
0.330 c. Milk, Reduced Fat, Fluid, 2% Milkfat w/ Ad	2/3 C + 1 t	1 1/4 C + 2 T	1 pt + 1 T	1 pt + 3/4 C
0.500 c. Peanut Butter, Smooth	1 C + 2 t	1 pt + 1 T + 1 t	1 pt + 1 1/8 C	1 qt + 1/8 C + 2 t
1.000 t. Vanilla Extract	2 tsp	1 T + 1 1/8 t	1/8 C	1 fl oz + 2 1/4 t
7.000 oz. QUAKER Quick Oats, Dry	14.583 ounce(s)	1.823 pound(s)	2.734 pound(s)	3.646 pound(s)
1.700 oz. Chocolate, Semisweet, Chips	3.542 ounce(s)	7.083 ounce(s)	10.625 ounce(s)	14.167 ounce(s)
2.500 oz. Sugar, White Granulated	5.208 ounce(s)	10.417 ounce(s)	15.625 ounce(s)	1.302 pound(s)

Ingredient	250 Servings	300 Servings	350 Servings	400 Servings
0.330 c. Milk, Reduced Fat, Fluid, 2% Milkfat w/ Ad	1pt + 1 1/3C +1T + 2	1 qt + 2 T	1 qt + 3/4 C + 1 T	1 qt + 1 1/2 C
0.500 c. Peanut Butter, Smooth	1qt + 1 1/8C + 1T + 1	1 qt + 2 1/4 C	1 qt + 3 1/4 C + 2 t	2 qt + 1/3 C
1.000 t. Vanilla Extract	1 fl oz + 1 T + 1 1/2 t	2 fl oz + 1/2 t	2 fl oz + 2 1/2 t	2 fl oz + 1T + 1 1/2 t
7.000 oz. QUAKER Quick Oats, Dry	4.557 pound(s)	5.469 pound(s)	6.380 pound(s)	7.292 pound(s)
1.700 oz. Chocolate, Semisweet, Chips	1.107 pound(s)	1.328 pound(s)	1.549 pound(s)	1.771 pound(s)
2.500 oz. Sugar, White Granulated	1.628 pound(s)	1.953 pound(s)	2.279 pound(s)	2.604 pound(s)

Ingredient	450 Servings	500 Servings	550 Servings	600 Servings
0.330 c. Milk, Reduced Fat, Fluid, 2% Milkfat w/ Ad	1 qt + 2 1/8 C + 1 T	1 qt + 2 3/4 C + 2 T	1 qt + 3 1/2 C	2 qt + 1/4 C
0.500 c. Peanut Butter, Smooth	2 qt + 1 1/3 C + 2 t	2qt + 2 1/3C + 1T + 1	2 qt + 3 1/2 C	3 qt + 1/2 C
1.000 t. Vanilla Extract	3 fl oz + 3/4 t	3 fl oz + 2 3/4 t	3 fl oz + 1 T + 2 t	4 fl oz + 1 t
7.000 oz. QUAKER Quick Oats, Dry	8.203 pound(s)	9.115 pound(s)	10.026 pound(s)	10.938 pound(s)
1.700 oz. Chocolate, Semisweet, Chips	1.992 pound(s)	2.214 pound(s)	2.435 pound(s)	2.656 pound(s)
2.500 oz. Sugar, White Granulated	2.930 pound(s)	3.255 pound(s)	3.581 pound(s)	3.906 pound(s)

Ingredient	650 Servings	700 Servings	750 Servings	800 Servings
0.330 c. Milk, Reduced Fat, Fluid, 2% Milkfat w/ Ad	2 qt + 3/4 C + 3 T	2 qt + 1 2/3 C	2 qt + 2 1/3 C	2 qt + 3 C
0.500 c. Peanut Butter, Smooth	3 qt + 1 1/2 C + 2 t	3qt + 2 1/2C + 1T + 1	3 qt + 3 1/2 C + 2 T	1 gal + 2/3 C
1.000 t. Vanilla Extract	4 fl oz + 1 T	4 fl oz + 1 T + 2 t	5 fl oz + 1 1/4 t	5 fl oz + 1 T + 1/4 t
7.000 oz. QUAKER Quick Oats, Dry	11.849 pound(s)	12.760 pound(s)	13.672 pound(s)	14.583 pound(s)
1.700 oz. Chocolate, Semisweet, Chips	2.878 pound(s)	3.099 pound(s)	3.320 pound(s)	3.542 pound(s)
2.500 oz. Sugar, White Granulated	4.232 pound(s)	4.557 pound(s)	4.883 pound(s)	5.208 pound(s)