

Guava Bars

Recipe group	Additional name	Diet factors	Portions	Portion size
Baked Goods	Baking & Pastry	VG, NF	24	4.90 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	8 cup	2 lb 4.80 oz	0%	2 lb 4.80 oz	Flour, All-Purpose	For Dough: In a stand mixer with paddle attachment, combine all ingredients in step 1.
	3 cup	1 lb 7.25 oz	0%	1 lb 7.25 oz	Sugar, Brown	
	1 1/2 tsp	0 lb 0.26 oz	0%	0 lb 0.26 oz	Baking Soda	
	1 tsp	0 lb 0.10 oz	0%	0 lb 0.10 oz	Salt, Kosher	



Dry ingredients

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	3 cup	1 lb 8.00 oz	0%	1 lb 8.00 oz	Non-Dairy Butter <i>Melted and cooled</i>	Add ingredients in step 2 to stand mixer with paddle on slow speed to combine. Do not over mix.
	8 tsp	0 lb 1.23 oz	0%	0 lb 1.23 oz	Extract, Vanilla	



Combining wet and dry ingredients

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3						Reserve 1/3 of dough for topping. Evenly press remaining dough into lined half sheet pan.

3



Crumbly dough



Dough pressed into sheet pan

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
4	4 cup	2 lb 0.00 oz	0%	2.00 lb	Paste, guava	Slice guava paste in 1/4 inch thick slices. Lay slices in a single layer on pressed dough.



Sliced guava paste



Sliced guava paste on bar base layer

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
5						Crumble reserved dough on top of guava paste, covering entire surface.

5



Bar with crumble top before baking

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
6						Preheat oven to 350°F. Bake for 35-45 minutes.

6



Baked bar

Capacity
measure

EP

Trim
loss

AP Name of ingredient

Methods

7

For service: Cool bars completely. Slice half sheet pan bars 4x6 to yield 24 pieces.

7



Sliced bars

RECIPE IMAGES



1 portion bar

ALLERGENS

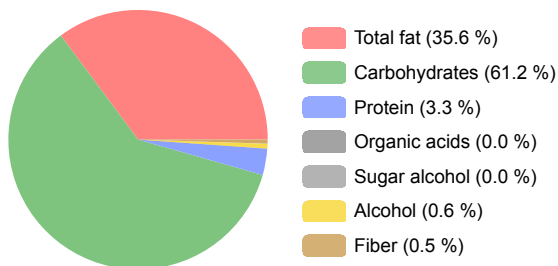
-

NUTRITION INFORMATION

per portion

Energy nutritives				Calories	RDI	Minerals			Vitamins		
		RDI	% of energy								RDI
Total fat	23.13 g	30 %	35.62 %	574.37 kcal	29 %	Salt	1.01 g				
Saturated	4.70 g	24 %	7.24 %	2,403.14 kJ		Salt	0.72 %		Vitamin A	0.00 µg	0 %
Monounsaturated	10.67 g		16.43 %			Sodium	401.05 mg	17 %	Vitamin D	0.00 µg	0 %
Polyunsaturated	6.53 g		10.06 %			Phosphorus	56.73 mg	5 %	Thiamine	0.06 mg	5 %
Trans fatty acids	5.83 g		8.98 %			Potassium	119.40 mg	3 %	Riboflavin	0.05 mg	4 %
Cholesterol	0.00 mg	0 %				Iron	0.92 mg	5 %	Niacin	0.59 mg	4 %
Linolenic acid	5.75 g		8.85 %			Calcium	37.91 mg	3 %	Vitamin B6	0.04 mg	2 %
Alpha-linolenic acid	684.36 mg		1.05 %			Zinc	0.37 mg	3 %	Vitamin B12	0.06 µg	2 %
Total Carbohydrate	86.52 g	31 %	61.21 %			Magnesium	14.01 mg	3 %	Folate	0.00 µg	0 %
Sugars total	45.28 g	91 %				Iodine	0.00 µg	0 %	Vitamin C	3.33 mg	4 %
Added sugar	0.00 g	0 %	0.00 %			Selenium	15.82 µg	29 %	Vitamin E	1.84 mg	12 %
Lactose	0.00 g					Copper	0.11 mg	12 %	Vitamin K	21.39 µg	18 %
Fiber	1.59 g	6 %	0.53 %						Others		
Organic acids	0.00 g		0.00 %						Water	22.70 g	
Sugar alcohol	0.00 g		0.00 %								
Starch	0.00 g		0.00 %								
Protein	4.72 g	9 %	3.34 %								
Alcohol	0.50 g		0.60 %								

PERCENTAGE OF ENERGY



CO2



Comparable CO2 emissions for equal sized portions.

The carbon footprint calculator is based on emission factors per kilogram calculated for individual ingredients. The calculator does not take into account emissions from food preparation.