Quest Foodanagement

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Recipe Sizing Report

Nov 24, 2014

000379 - soup - cream of celery : private	Components	Attributes
HACCP Process: #2 Same Day Service	Meat/Alt:	
Number of Portions: 50	Grains:	
Size of Portion: cup	Fruit:	
	Vegetable:	
	Milk:	

Ingredients	Measures	Instructions
000084 CHICKEN STOCK	1 1/4 gals	In a large pot heat to boil the chicken stock. Add the celery,
011143 CELERY,RAW	5 lbs	carrots, and onions to the pot.
011130 CARROTS,FROZEN,UNPREPARED	12 ozs	Whisk together the flour, salt, pepper, and milk: add to the pot
011282 ONIONS,RAW	1 CUP (chopped)	along with the margrine. Boil for 10 minutes, then strain out the
902372 FLOUR BAKERY MIX, STATE OPTION CONTACT, CO	1 lb	vegetables by pouring through a sieve, or if the vegetables are
002047 SALT,TABLE	1 1/2 Tbsp	large enough a colander may be used.
002032 PEPPER,WHITE	1/2 Tbsp	
990114 nut mixed low salt trader joes	9 lbs	Keep at 160° untill ready to serve.
900200 MARGARINE, REG, HARD, CORN (HYDR®)	14 ozs	

*Nutrients are based upon 1 Portion Size (cup)

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Calories	627 kcal	Cholesterol	0 mg	Sugars	*1.3* g	Calcium	92.16 mg	73.76% Calories from Total Fat
Total Fat	51.41 g	Sodium	1166 mg	Protein	17.89 g	Iron	2.43 mg	13.74% Calories from Saturated Fat
Saturated Fat	9.58 q	Carbohydrates	24.97 g	Vitamin A	1454.4 IU	Water ¹	54.36 g	*0.00%* Calories from Trans Fat
Trans Fat²	*0.00* g	Dietary Fiber	6.65 g	Vitamin C	1.9 mg	Ash ¹	1.54 g	15.92% Calories from Carbohydrates
110110.1.01				·				11.41% 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

denotes optional nutrient values

- Trans Estivalue is provided for informational purposes only, not for monitoring purposes

data contained within this report and the NUTRIKIDS® Menu Planning and tional Analysis software should not be used for and does not provide ment a child with a medical condition or food allergy. Ingredients and menu items are subject . Thange or substitution without notice. Please consult a medical professional assistance in planning for or treating medical conditions.