Quest Food Management

Page 2

Recipe Sizing Report

Feb 23, 2015

002228 - entree-chicken shamrock : nslp	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service	Meat/Alt: 3 oz				? - Milk
Number of Portions: 1	Grains: 1 oz				? - Egg
Size of Portion: serving	Fruit:				? - Peanut
	Vegetable:				? - Tree Nut
	Milk:				? - Fish
					? - Shellfish
					? - Soy
					? - Wheat

Ingredients	Measures	Instructions
903699 chicken- shamrock shape nuggets bb greco	4 NUGGET	

*Nutrients are based upon 1 Portion Size (serving)

						1.20 (00.19)		
Calories	333 kcal	Cholesterol	47 mg	Sugars	1.3 g	Calcium	26.64 mg	50.40% Calories from Total Fat
Total Fat	18.65 g	Sodium	466 mg	Protein	18.65 g	Iron	1.92 mg	12.60% Calories from Saturated Fat
Saturated Fat	4.66 g	Carbohydrates	19.98 g	Vitamin A	6.7 IU	Water ¹	0.00 g	0.00% Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	2.66 g	Vitamin C	0.0 mg	Ash ¹	0.00 g	24.00% Calories from Carbohydrates
								22.40% 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
- 1 denotes optional nutrient values
- ² Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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.



Printer Friendly Version



GTIN:

10038034563908

MFR Product

5639

Number: Serving Size:

3 pieces

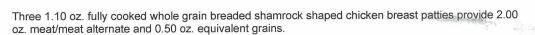
Servings Per Case:

Storage Temperature: 0F

Shelf Life: Child Nutrition Label 12 months

(Y/N):

Yes



General Description

5639-CN Fully Cooked Whole Grain Breaded Shamrock Shpaed Chicken Breast Patties with Rib Meat

Benefits Of Using This Product

For St. Patrick's Day or anything Irish, enjoy our Shamrock chicken made with breast meat. Avg 145/1.1 oz.

Serving Suggestions

For recipe and menu ideas go to www.brakebush.com

Preparation and Cooking Instructions

PREPARATION: COOK TO A MINIMUM OF 165' F. BAKE IN SINGLE LAYER IN PREHEATED CONVECTION OVEN AT 350'F. FOR 8-10 MIN. BAKE IN SINGLE LAYER IN PREHEATED CONVENTIONAL OVEN AT 400'F FOR 12-15 MIN. DEEP FRY AT 350'F FOR 2-4 MIN. MICROWAVE ON HIGH ABOUT 1-3 MIN. PER SERVING, TURNING ONCE. ADJUST TIMES TO QUANTITY BEING COOKED AND EQUIPMENT USED. DO NOT OVERCOOK.

List Of Ingredients

IIINGREDIENTS: BONELESS CHICKEN BREAST WITH RIB MEAT, WATER, ISOLATED SOY PROTEIN, SEASONING (MODIFIED CORN STARCH, DEHYDRATED GARLIC, DEHYDRATED ONION, MALTODEXTRIN, SALT, NATURAL FLAVOR, SPICE EXTRACTIVES), SALT, SODIUM PHOSPHATES. BREADED WITH WHOLE WHEAT FLOUR, WHOLE GRAIN YELLOW CORN FLOUR, WATER, ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), BROWN SUGAR, WHEAT GLUTEN, SOYBEAN OIL, SALT, DRIED ONION, DRIED GARLIC, CORN STARCH, POTASSIUM CHLORIDE, SPICES, DRIED YEAST, CITRIC ACID, SUGAR, PAPRIKA EXTRACT (COLOR), TURMERIC EXTRACT (COLOR).

ALLERGENS: SOY, WHEAT.

Additional Information

For more information call 1-800-933-2121

Nutritional Information

Nutrition Facts

Serving Size: 3 pieces (94g) Servings Per Container:

Amount per Serving

Calories: 250

Calories from Fat: 130

% Daily Value*

Total Fat: 14 g

22 %

Saturated Fat: 3.5 g

18 %

Trans Fat: 0 g

Cholesterol: 35 mg

12 %

Sodium: 350 mg

15 %

Total Carbohydrate:15 g Dietary Fiber: 2 g 5 %

Sugars: 1 g

8 %

- daga....

Protein: 14 g

Vitamin C: 0 %

Vitamin A: 0 % Calcium: 2 %

Iron: 8 %

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or

lower depending on your calorie needs.

Kosher: NO

Serving Size for Nutrients: 94g Household Serving Size: 3

Measure: PIECE

Packaging & Storage Information

Packed in 2/5# bags

Master Pack

Pallet Tie: 16

Pallet High: 8

Pallet Extra:

Total Pallet: 128

Description: 1 CASE

Size: 10 LB

Gross Weight: 10.68 LB

Net Weight: 10 LB

Volume: 0.62 FT

Length: 13.5 IN

Width: 8.63 IN

Height: 9.25 IN

Inner Pack

Unit Quantity: 1 CASE

Unit Size: 10 lb

^{*} This is a representation of the nutrition label. The actual nutrition label on the product may vary slightly.