

# Quest Food Management

Page 1

Recipe

Nov 4, 2015

## Recipe: 001715 entree - chicken bowl

Recipe Source: nslp

Recipe Group: ENTREES

## Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:

Number of Portions: 1

Size of Portion: serving

903764 chicken popcorn bb gfs 561322.....	12 piece	serve in 12 oz incredible bowl
900342 potato whipped potato pearls.....	1 (2/3 cup prepared)	
903386 corn frn kernal gfs 283730.....	1 (0.5 cup = 0.5 cup veg)	fry or bake the popcorn chicken.
902997 gravy poultry low sodium 552061...	2 TBSP, mixed	prepare mashed potatoes according to package prepare chicken gravy according to package
layer in 12 oz bowl: mashed potatoes, corn, chicken gravy and topwith cheese.		

\*Nutrients are based upon 1 Portion Size (serving)

Calories	488 kcal	Cholesterol	37.89 mg	Sugars	*0.00* g	Calcium	100.64 mg	24.97%	Calories from Total Fat
Total Fat	13.55 g	Sodium	1070.81 mg	Protein	21.48 g	Iron	1.56 mg	4.23%	Calories from Saturated Fat
Saturated Fat	2.30 g	Carbohydrates	65.15 g	Vitamin A	344.53 IU	Water <sup>1</sup>	*0.00* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	4.17 g	Vitamin C	9.01 mg	Ash <sup>1</sup>	*0.00* g	53.36%	Calories from Carbohydrates
								17.59%	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

<sup>1</sup> - denotes optional nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

Miscellaneous		Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt.....	2 oz		Y - Milk		? - Egg
Grain.....	1 oz		Y - Soy		? - Peanut
Fruit.....	cup		Y - Wheat		? - Tree Nut
Vegetable.....	1 cup				? - Fish
Milk.....	cup				? - Shellfish
<b>Moisture &amp; Fat Change</b>					
Moisture Change.	0%				
Fat Change.....	0%				
Type of Fat.....					

## Production Specification

**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.

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Page 2

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I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	903764	chicken popcorn bb gfs 561322			
I	900342	potato whipped potato pearls			
I	903386	corn frn kernal gfs 283730			
I	902997	gravy poultry low sodium 552061			

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