

Quest Food Management

Page 1

Recipe Master List

Dec 1, 2015

001257 - sandwich- chicken ranch club

Recipe HACCP Process: #2 Same Day Service

Source: eh

Number of Portions: 1

Size of Portion: sandwich

Meat/Alt: 2.25 oz

Grains: 1.75 oz

Fruit: 0 Cup

Vegetable: 0 Cup

Milk: 0 Cup

903172 chicken patty cn brakebush gfs 220556.....	1 patty	line a full sheet pan with baking paper, and bake at 350 until internal is at 165. place in 2" pan and cover loosely with saran wrap and hold in heated cabinet until service. assemble sandwich. this sandwich should be served warm, to prevent the bun from drying out, one should be used a display plate and the others individually wrapped in foil.
903400 bread bun hamburger gfs 254262.....	1 bun = 1.25 g/b	
902950 turkey ham gfs 211605.....	1/2 OZ	
900023 Tomatoes red ripe raw year round average...	1 slice 1/2"	
011253 LETTUCE,GRN LEAF,RAW.....	1 leaf inner	
902736 dressing ranch fat free 188867.....	1 (2 TB)	

*Nutrients are based upon 1 Portion Size (sandwich)

Calories	396	kcal	Cholesterol	45.12	mg	Sugars	*0.04*	g	Calcium	24.43	mg	33.70%	Calories from Total Fat
Total Fat	14.82	g	Sodium	1194.75	mg	Protein	21.83	g	Iron	4.53	mg	6.29%	Calories from Sat Fat
Saturated Fat	2.76	g	Carbohydrate	46.70	g	Vitamin A	580.35	IU	Water ¹	*30.07*	g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00	g	Dietary Fiber	4.39	g	Vitamin C	3.87	mg	Ash ¹	*0.16*	g	47.19%	Calories from Carbohydrates
												22.06%	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.