

Quest Food Management

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Recipe

Dec 2, 2015

Recipe: 001321 soup-cream of chick rice

Recipe Source: Tinley
Recipe Group: SOUPS

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
Number of Portions: 40
Size of Portion: cup

011143 CELERY,RAW.....	2 LB
900022 CARROTS,FRESH,RAW.....	2 CUP, shredded
900036 Onions raw.....	2 CUP, chopped
110933 MARGARINE.....	1/2 LB
050394 FLOUR, ALL PURPOSE, ENRICHED, WHITE, UNBLEACH...	1 CUP
799903 GARLIC,GRANULATED.....	1 TBSP
901365 PEPPER, WHITE, GROUND.....	1 TSP
900031 WATER.....	2 GAL
903073 base cream soup 160780.....	2 bag
901985 base chicken regular 160830.....	4 OZ
901343 PARSLEY FLAKES.....	1/4 CUP
902746 rice brown parboiled whole grain 516371.....	2 QT, cooked
990045 chicken diced white 599697.....	2 LB + 8 OZ

*Nutrients are based upon 1 Portion Size (cup)

Calories	383 kcal	Cholesterol	0.00 mg	Sugars	*0.56* g	Calcium	43.57 mg	36.08%	Calories from Total Fat
Total Fat	15.36 g	Sodium	1293.80 mg	Protein	12.29 g	Iron	1.50 mg	15.57%	Calories from Saturated Fat
Saturated Fat	6.63 g	Carbohydrates	49.80 g	Vitamin A	1225.88 IU	Water ¹	*219.16* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	*1.25* g	Vitamin C	*1.59* mg	Ash ¹	*0.52* g	51.98%	Calories from Carbohydrates
								12.82%	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.

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Miscellaneous		Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt..... 1.000 oz					? - Milk
Grain..... 2.000 oz					? - Egg
Fruit..... cup					? - Peanut
Vegetable..... 0.250 cup					? - Tree Nut
Milk..... cup					? - Fish
Moisture & Fat Change					? - Shellfish
Moisture Change. 0%					? - Soy
Fat Change..... 0%					? - Wheat
Type of Fat.....					

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	011143	CELERY,RAW			
I	900022	CARROTS,FRESH,RAW			
I	900036	Onions raw			
I	110933	MARGARINE			
I	050394	FLOUR, ALL PURPOSE, ENRICHED, WHITE, U			
I	799903	GARLIC,GRANULATED			
I	901365	PEPPER, WHITE, GROUND			
I	900031	WATER			
I	903073	base cream soup 160780			
I	901985	base chicken regular 160830			
I	901343	PARSLEY FLAKES			
I	902746	rice brown parboiled whole grain 516371			
I	990045	chicken diced white 599697			

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