

Quest Food Management

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Recipe

Jan 5, 2016

Recipe: 000643 veggie blend- mixed

Recipe HACCP Process: #2 Same Day Service

Recipe Source: ebh

Recipe Group: VEGETABLES

Alternate Recipe Name:

Number of Portions: 1

Size of Portion: 1/2 cup

011583 VEGETABLES,MXD,FRZ,UNPREP...	4 OZ	using a perforated 2" steam table pan, gently rinse the frozen vegetable with hot water. once the vegetables are separated and slightly defrosted, put the pan inside a 2" steamtable pan and place on the steam table. do not hold for more than 30 minutes. frozen vegetables must be batch prepared.
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*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	82	kcal	Cholesterol	0.00	mg	Sugars	*N/A*	g	Calcium	28.35	mg	6.50%	Calories from Total Fat
Total Fat	0.59	g	Sodium	53.30	mg	Protein	3.78	g	Iron	1.08	mg	1.23%	Calories from Saturated Fat
Saturated Fat	0.11	g	Carbohydrates	15.27	g	Vitamin A	5758.35	IU	Water ¹	93.08	g	*N/A*	Calories from Trans Fat
Trans Fat ²	*N/A*	g	Dietary Fiber	4.54	g	Vitamin C	11.79	mg	Ash ¹	0.68	g	74.83%	Calories from Carbohydrates
												18.50%	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.

Miscellaneous		Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt.....	oz				? - Milk
Grain.....	oz				? - Egg
Fruit.....	0.500 cup				? - Peanut
Vegetable.....	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	011583	VEGETABLES,MXD,FRZ,UNPREP			

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.