

Quest Food Management

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Recipe

Jan 5, 2016

Recipe: 001853 entree shepards pie

Recipe Source: nslp

Recipe Group: ENTREES

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:

Number of Portions: 1

Size of Portion: pie

903704 turkey ground raw 85% lean gfs 256322.....	1 1/2 OZ, cooked	<p>NOTE: Raw ground turkey will has approximatly a 70% yeild. To make24 servings of this recipie, please start with 3.25 pounds of raw turkey.</p> <p>Instruction:</p> <ol style="list-style-type: none"> 1. Brown and drain ground turkey. 2. Gently combine turkey, peas, carrots and gravy. distribute everly in a 2 inch deep hotel pan. 3. Top with mashed potatoes and garnish with cheddar cheese. 4. If desired, place in 350° oven for 5- 10 mintes until cheese is melted.
R001775 gravy poultry low sodium 55206.....	1 1/2 oz	
011323 PEAS&CARROTS,FRZ,CKD,BLD,DRND,WO/SALT...	2 OZ	
R001854 mashed potato prl prepared.....	3 OZ	
990095 cheese cheddar shredded gfs 776831.....	1/2 OZ	

*Nutrients are based upon 1 Portion Size (pie)

Calories	*188*	kcal	Cholesterol	*44.66*	mg	Sugars	*2.47*	g	Calcium	*135.17*	mg	*49.31%*	Calories from Total Fat
Total Fat	*10.32*	g	Sodium	*253.07*	mg	Protein	*12.78*	g	Iron	*1.09*	mg	*19.82%*	Calories from Saturated Fat
Saturated Fat	*4.15*	g	Carbohydrates	*10.75*	g	Vitamin A	*5619.28*	IU	Water ¹	*89.17*	g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00*	g	Dietary Fiber	*1.76*	g	Vitamin C	*4.59*	mg	Ash ¹	*0.36*	g	*22.82%*	Calories from Carbohydrates
												27.12%	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.....	2.000 oz				? - Milk
Grain.....	oz				? - Egg
Fruit.....	cup				? - Peanut
Vegetable.....	0.625 cup				? - Tree Nut
Milk.....	cup				? - Fish
Moisture & Fat Change					? - Shellfish
Moisture Change.	0%				? - Soy
Fat Change.....	0%				? - Wheat
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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I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	903704	turkey ground raw 85% lean gfs 256322			
R	001775	gravy poultry low sodium 55206			
I	011323	PEAS&CARROTS,FRZ,CKD,BLD,DRND,WO/SA			
R	001854	mashed potato prl prepared			
I	990095	cheese cheddar shredded gfs 776831			

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