

Quest Food Management

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Recipe

Nov 18, 2015

Recipe: 001848 entree sw turkey rice bowl

Recipe Source: nslp

Recipe Group: ENTREES

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:

Number of Portions: 16

Size of Portion: each

| | | |
|--|------------------|--|
| 902969 oil canola olive oil blend greco 37017..... | 1 TBSP | <p>NOTE: 3 Pounds of raw turkey should yeild 2.1 pounds of cooked tukey when cooked. 1.5 pounds of raw turkey should yeild 1.05 pounds of turkey when ooked.</p> <p>Instruction:</p> <p>1. Saute turkey in vegetable oil until an internal temperature of155° F is reached . 2. In a 2" hotel pan, combine cooked turkey with onions, peppers, corn, and tomatoes. Mix well to combine. 3. Cover pan with foil and bake in 350° oven for 10 minutes. 4. Let rice rest for 5 minutes and fluff with a fork.</p> |
| 903704 turkey ground raw 85% lean gfs 256322..... | 2 LB, cooked | |
| 903345 rice brown long grain cooked A100500..... | 8 CUP, cooked | |
| 902815 PEPPERS,SWEET, GREEN,RAW..... | 2 CUP, chopped | |
| 900034 ONIONS,FRESH..... | 2 CUP, chopped | |
| 900023 Tomatoes red ripe raw year round average... | 2 CUP, chop/dice | |
| 903386 corn frn kernal gfs 283730..... | 2 CUP | |
| 903127 bean black low sodium 231981..... | 3 CUP | |

*Nutrients are based upon 1 Portion Size (each)

| | | | | | | | | | |
|------------------------|----------|---------------|----------|-----------|-----------|--------------------|-----------|---------|-----------------------------|
| Calories | 295 kcal | Cholesterol | 36.58 mg | Sugars | *0.00* g | Calcium | 49.22 mg | 26.50% | Calories from Total Fat |
| Total Fat | 8.69 g | Sodium | 92.06 mg | Protein | 15.28 g | Iron | 1.87 mg | 7.38% | Calories from Saturated Fat |
| Saturated Fat | 2.42 g | Carbohydrates | 38.60 g | Vitamin A | 256.34 IU | Water ¹ | *56.69* g | *0.00%* | Calories from Trans Fat |
| Trans Fat ² | *0.00* g | Dietary Fiber | 5.25 g | Vitamin C | 19.86 mg | Ash ¹ | *0.27* g | 52.30% | Calories from Carbohydrates |
| | | | | | | | | 20.71% | 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..... | 1.000 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..... | | | | | |

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Production Specification

| I/R | Ing # | Ingredient or Sub-Recipe | Measure | Measure | Round |
|-----|--------|--|---------|---------|-------|
| I | 902969 | oil canola olive oil blend greco 37017 | | | |
| I | 903704 | turkey ground raw 85% lean gfs 256322 | | | |
| I | 903345 | rice brown long grain cooked A100500 | | | |
| I | 902815 | PEPPERS,SWEET,GREEN,RAW | | | |
| I | 900034 | ONIONS,FRESH | | | |
| I | 900023 | Tomatoes red ripe raw year round average | | | |
| I | 903386 | corn frn kernal gfs 283730 | | | |
| I | 903127 | bean black low sodium 231981 | | | |

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