

Quest Food Management

000379 - soup - cream of celery : private	Components	Attributes
HACCP Process: #2 Same Day Service Number of Portions: 50 Size of Portion: cup	Meat/Alt: Grains: Fruit: Vegetable: Milk:	

Ingredients	Measures	Instructions
000084 CHICKEN STOCK.....	1 1/4 gals	In a large pot heat to boil the chicken stock. Add the celery, carrots, and onions to the pot. Whisk together the flour, salt, pepper, and milk: add to the pot along with the margine. Boil for 10 minutes, then strain out the vegetables by pouring through a sieve, or if the vegetables are large enough a colander may be used. Keep at 160° untill ready to serve.
011143 CELERY,RAW.....	5 lbs	
011130 CARROTS,FROZEN,UNPREPARED.....	12 ozs	
011282 ONIONS,RAW.....	1 CUP (chopped)	
902372 FLOUR BAKERY MIX,STATE OPTION CONTACT,CO...	1 lb	
002047 SALT,TABLE.....	1 1/2 Tbsp	
002032 PEPPER,WHITE.....	1/2 Tbsp	
990114 nut mixed low salt trader joes.....	9 lbs	
900200 MARGARINE,REG,HARD,CORN (HYDR®).....	14 ozs	

*Nutrients are based upon 1 Portion Size (cup)

Calories	627 kcal	Cholesterol	0 mg	Sugars	*1.3* g	Calcium	92.16 mg	73.76%	Calories from Total Fat
Total Fat	51.41 g	Sodium	1166 mg	Protein	17.89 g	Iron	2.43 mg	13.74%	Calories from Saturated Fat
Saturated Fat	9.58 g	Carbohydrates	24.97 g	Vitamin A	1454.4 IU	Water ¹	54.36 g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	6.65 g	Vitamin C	1.9 mg	Ash ¹	1.54 g	15.92%	Calories from Carbohydrates
								11.41%	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.