

# Quest Food Management

## Recipe Sizing Report

000562 - salad confetti veg pasta : nslp	Components	Attributes
HACCP Process: #2 Same Day Service Number of Portions: 50 Size of Portion: 1 cup	Meat/Alt: Grains: 1 oz Fruit: Vegetable: 0.5 cup Milk:	

Ingredients	Measures	Instructions
903348 pasta macaroni wg cooked A100919..... 903179 olives black gfs 324532 greco 36016.....	25 (1 cup cooked) 2 qts	
011205 CUCUMBER, WITH PEEL, RAW..... 902781 dressing italian kens fat free 188875..... 901328 ONIONS, RED, RAW..... 903052 carrot organic bicolor shredded 741050..... 900023 Tomatoes red ripe raw year round average....	1 QT (slices) 4 lbs 2 CUPS (chopped) 3 lbs 1 QT (chop/dice)	
		cook pasta, drain and chill  mix all the vegetables with dressing and add pasta... each sevingis 1 cup total pasta & vegetables..

\*Nutrients are based upon 1 Portion Size (1 cup)

Calories	161 kcal	Cholesterol	0 mg	Sugars	*0.1* g	Calcium	20.65 mg	20.35%	Calories from Total Fat
Total Fat	3.64 g	Sodium	796 mg	Protein	4.27 g	Iron	0.93 mg	4.03%	Calories from Saturated Fat
Saturated Fat	0.72 g	Carbohydrates	26.25 g	Vitamin A	2051.9 IU	Water <sup>1</sup>	*27.23* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	2.96 g	Vitamin C	4.5 mg	Ash <sup>1</sup>	*0.13* g	65.17%	Calories from Carbohydrates
								10.60%	Calories from Protein

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
<sup>1</sup> - denotes combined nutrient totals with either missing or incomplete nutrient data  
<sup>1</sup> - denotes optional nutrient values  
<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.