

# Quest Food Management

## Recipe Sizing Report

000856 - soup-chicken noodle soup : nslp	Components	Attributes
HACCP Process: #2 Same Day Service Number of Portions: 100 Size of Portion: 1 cup	Meat/Alt: 2 oz Grains: 1 oz Fruit: Vegetable: Milk:	

Ingredients	Measures	Instructions
903297 chicken diced ckd A100101.....	12 lbs + 8 ozs	Using a stock pot, add the chicken base to the water, add chicken, seasonings, celery, carrots and onion for 1 hour--add noodles and continue to cook until noodles are tender. (1 hour)
900031 WATER.....	9 1/4 gals + 2 cups	
902991 base chicken low sodium 580589...	1 lb + 9 ozs	
900036 Onions raw.....	2 qts + 1 1/4 CUPS (chopped)	
011143 CELERY, RAW.....	2 qts + 1 1/4 CUPS (chopped)	
900022 CARROTS, FRESH, RAW.....	2 qts + 1 1/4 CUPS (chopped)	
903342 pasta wg rotini dry A100434.....	14 lbs + 14 ozs	
002047 SALT, TABLE.....	3 1/8 ozs	
114657 PEPPER BLACK, GROUND.....	1 Tbsp + 1/8 tsp	

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

Calories	357 kcal	Cholesterol	56 mg	Sugars	*0.2* g	Calcium	45.93 mg	8.44%	Calories from Total Fat
Total Fat	3.35 g	Sodium	598 mg	Protein	29.16 g	Iron	2.01 mg	2.16%	Calories from Saturated Fat
Saturated Fat	0.86 g	Carbohydrates	56.62 g	Vitamin A	1489.5 IU	Water <sup>1</sup>	*388.06* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	6.25 g	Vitamin C	2.0 mg	Ash <sup>1</sup>	*1.48* g	63.38%	Calories from Carbohydrates
								32.64%	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

<sup>1</sup> - denotes optional nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.