

# Quest Food Management

## Recipe Sizing Report

Aug 5, 2014

Page 1

| 001221 - potato-whipped sweet : tinley   | Components  | Attributes |
|--|---|------------|
| HACCP Process: #2 Same Day Service<br>Number of Portions: 50<br>Size of Portion: 1/2 cup | Meat/Alt:<br>Grains:<br>Fruit:<br>Vegetable:<br>Milk: |            |

| Ingredients                           | Measures            | Instructions |
|---------------------------------------|---------------------|--------------|
| 902956 potato whipped sweet 117061... | 3 lbs + 2 OZS (dry) |              |

\*Nutrients are based upon 1 Portion Size (1/2 cup)

|                        |          |               |         |           |           |                    |          |        |                             |
|------------------------|----------|---------------|---------|-----------|-----------|--------------------|----------|--------|-----------------------------|
| Calories               | 102 kcal | Cholesterol   | 0 mg    | Protein   | 1.70 g    | Calcium            | 16.97 mg | 0.00%  | Calories from Total Fat     |
| Total Fat              | 0.00 g   | Sodium        | 229 mg  | Vitamin A | 848.5 RE  | Iron               | 0.31 mg  | 0.00%  | Calories from Saturated Fat |
| Saturated Fat          | 0.00 g   | Carbohydrates | 23.76 g | Vitamin A | 4242.4 IU | Water <sup>1</sup> | 0.00 g   | 0.00%  | Calories from Trans Fat     |
| Trans Fat <sup>1</sup> | 0.00 g   | Dietary Fiber | 1.70 g  | Vitamin C | 7.6 mg    | Ash <sup>1</sup>   | 0.00 g   | 93.33% | Calories from Carbohydrates |
|                        |          |               |         |           |           |                    |          | 6.67%  | 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

**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.