

Quest Food Management

Recipe Sizing Report

Aug 5, 2014

001379 - sandwich- turkey slop joes LS : nslp	Components	Attributes
HACCP Process: #2 Same Day Service Number of Portions: 50 Size of Portion: servings Alternate Recipe Name: turkey sloppy joes for sandwich	Meat/Alt: 2 oz Grains: 2 oz Fruit: Vegetable: Milk:	

Ingredients	Measures	Instructions
900036 Onions raw.....	1 3/4 cups + 1 1/2 TBSP (chopped)	
990062 turkey ground.....	9 lbs + 4 ozs	
903258 ketchup lower sod red gold greco 39022 3...	1 lb + 2/3 oz	
902766 sauce barbeque gfs 734136.....	1 lb + 13 5/8 ozs	
900031 WATER.....	1 3/4 cups + 1 1/2 Tbsp	
903400 bread bun hamburger gfs 254262.....	50 bun	

*Nutrients are based upon 1 Portion Size (servings)

Calories	305 kcal	Cholesterol	56 mg	Protein	18.87 g	Calcium	21.48 mg	40.95%	Calories from Total Fat
Total Fat	13.86 g	Sodium	437 mg	Vitamin A	39.1 RE	Iron	2.52 mg	10.95%	Calories from Saturated Fat
Saturated Fat	3.70 g	Carbohydrates	29.36 g	Vitamin A	195.7 IU	Water ¹	*14.02* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	4.08 g	Vitamin C	1.0 mg	Ash ¹	*0.03* g	38.55%	Calories from Carbohydrates
								24.78%	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