

# Quest Food Management

001394 - breakfast-cin swirl french tst : nslp	Components	Attributes
HACCP Process: #2 Same Day Service Number of Portions: 50 Size of Portion: 2 slices	Meat/Alt: Grains: 2.25 oz Fruit: Vegetable: Milk:	

Ingredients	Measures	Instructions
000195R break egg wash for french tst.....	50 ounces	
903103 bread cinnamon swirl sliced gfs 548901...	100 slice	
903443 syrup pc cups gfs 160090.....	50 portion cup	

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

Calories	397 kcal	Cholesterol	80 mg	Protein	8.28 g	Calcium	54.68 mg	13.36%	Calories from Total Fat
Total Fat	5.89 g	Sodium	307 mg	Vitamin A	19.0 RE	Iron	3.25 mg	1.72%	Calories from Saturated Fat
Saturated Fat	0.76 g	Carbohydrates	79.09 g	Vitamin A	95.5 IU	Water <sup>1</sup>	0.32 g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	2.17 g	Vitamin C	0.0 mg	Ash <sup>1</sup>	0.01 g	79.66%	Calories from Carbohydrates
								8.34%	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

# Quest Food Management

**00195 - break egg wash for french tst**

**Recipe HACCP Process: #2 Same Day Service**

Source:  
 Number of Portions: 24  
 Size of Portion: ounces

Meat/Alt: 0 oz  
 Grains: 0 oz  
 Fruit: 0 Cup  
 Vegetable: 0 Cup  
 Milk: 0 Cup

92771 egg liquid blend bag gfs 588601...	1 (10 egg equiv)
02050 VANILLA EXTRACT.....	1 TBSP
09335 SUGARS, GRANULATED.....	1/4 CUP
02010 CINNAMON, GROUND.....	1 TBSP

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

Calories	38 kcal	Cholesterol	80.13 mg	Protein	2.28 g	Calcium	14.68 mg	44.33%	Calories from Total Fat
Total Fat	1.89 g	Sodium	26.56 mg	Vitamin A	18.98 RE	Iron	0.37 mg	17.72%	Calories from Sat Fat
Saturated Fat	0.76 g	Carbohydrate	2.43 g	Vitamin A	95.46 IU	Water <sup>1</sup>	0.32 g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	0.17 g	Vitamin C	0.01 mg	Ash <sup>1</sup>	0.01 g	25.27%	Calories from Carbohydrates
								23.73%	Calories from Protein

\*NA\* - 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.