

Quest Food Management

Recipe Sizing Report

001405 - sandwich- deli bar elementary : tinley	Components	Attributes
HACCP Process: #2 Same Day Service Number of Portions: 50 Size of Portion: serving	Meat/Alt: 2 oz Grains: 2 oz Fruit: Vegetable: 0.5 cup Milk:	

Ingredients	Measures	Instructions
901993 turkey breast cooked skin on 315974.....	50 (1 ounce)	this is a made to order station, you can also enhance this bar with flavored tortillas, variety of breads, ranch dressing, italian dressing, honey mustard, creamy italian, olives, green peppers, onions, cucumbers and hot peppers
990093 cheese american.....	25 slice 200 ct	
011252 LETTUCE,ICEBERG (INCL CRISPHEAD TYPES),R.....	3 qts + 1/2 CUP (shredded)	
011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE....	50 slice, med (1/4" thick)	
011937 PICKLES,CUCUMBER,DILL.....	3 lbs + 2 ozs	
011206 CUCUMBER,PEELED,RAW.....	12 1/2 ozs	
903400 bread bun hamburger gfs 254262.....	50 bun	
903142 turkey ham commodity 202150.....	25 (3.01oz= 2m/ma)	

*Nutrients are based upon 1 Portion Size (serving)

Calories	216 kcal	Cholesterol	46 mg	Protein	17.70 g	Calcium	73.25 mg	30.52%	Calories from Total Fat
Total Fat	7.31 g	Sodium	977 mg	Vitamin A	37.0 RE	Iron	2.56 mg	7.14%	Calories from Saturated Fat
Saturated Fat	1.71 g	Carbohydrates	23.38 g	Vitamin A	418.6 IU	Water ¹	*69.72* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	4.82 g	Vitamin C	4.6 mg	Ash ¹	*0.85* g	43.39%	Calories from Carbohydrates
								32.85%	Calories from Protein

1/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