

Quest Food Management

Recipe Sizing Report

001817 - entree- mr. potato head : ebh	Components	Attributes
HACCP Process: #2 Same Day Service Number of Portions: 50 Size of Portion: serving	Meat/Alt: 2 oz Grains: Fruit: Vegetable: 1.5 cup Milk:	

Ingredients	Measures	Instructions
001208R chili - vegetarian spicy.....	50 (1/4 cup)	
902828 potato 90ct.....	50 each	
990095 cheese cheddar shredded gfs 776831.....	4 lbs + 11 ozs	
903392 broccoli fzn gfs 359010.....	3 qts + 1/2 cup	
903547 sour cream imitation gfs 438529.....	3 lbs + 2 ozs	
903663 turkey bacon gfs 219901.....	50 slice	
903664 margarine- smart balance pc gfs 620821....	50 each pc	

*Nutrients are based upon 1 Portion Size (serving)

Calories	416 kcal	Cholesterol	55 mg	Sugars	*0.9* g	Calcium	350.85 mg	54.91% Calories from Total Fat
Total Fat	25.40 g	Sodium	712 mg	Protein	17.21 g	Iron	2.49 mg	31.71% Calories from Saturated Fat
Saturated Fat	14.67 g	Carbohydrates	28.73 g	Vitamin A	3259.0 IU	Water ¹	*42.63* g	*0.43%* Calories from Trans Fat
Trans Fat ²	*0.20* g	Dietary Fiber	4.80 g	Vitamin C	35.7 mg	Ash ¹	*0.54* g	27.60% Calories from Carbohydrates
								16.53% 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

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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.

PRODUCT INFORMATION FOR 858560 SOUR CREAM IMIT STIX PK 400-1Z KE

Pack	400/CASE	Net Weight	25
Portion Size	EA	UPC Code 1	93901838568
Portion/Case	400	UPC Code 2	93901838568
Kosher	Yes		
Price	37.22		

Quantity Invoiced Over Last 6 Weeks

10/19/2014	10/26/2014	11/2/2014	11/9/2014	11/16/2014	11/23/2014
0	0	0	0	0	0

Other Information

Item Yield	CASE = SOUR CREAM IMIT STIX PK 400-1Z KE
Shelf Life	COOLER = 90 DAYS
Merchandising Idea	MARKET**THIS PORTION CONTROLLED ONE OUNCE SERVING OF IMITATION SOUR CREAM OFFERS THE ABILITY TO SERVE WITHOUT A SPREADING KNIFE. PORTION CONTROLLED MEANS COST CONTROL. IMITATION SOUR CREAMS ARE A LOW COST ALTERNATIVE TO REGULAR SOUR CREAM. IMITATION SOUR CREAM ALSO GOES BY THE NAMES SOUR DRESSING AND HY-DERV**COLLEGE/UNIVERSITY, QUICK SERVE, TAKE OUT, B & I, FAMILY DINING, HISPANIC.**GREAT AS A POTATO TOPPER, FOR MEXICAN, SALADS AND ANY OPERATION OFFERING TAKE OUT OR DELIVERY SERVICE.

Nutritional Information for SOUR CREAM IMIT STIX PK 400-1Z KE

Product Number:	838560
Description:	AP Sour Cream, Imit, Stix, 1z KE

Serving Size 1 each (28 g)			
Amount Per Serving			
Calories 60	Calories from Fat 45		
% Daily Value			
Total Fat	5 g	8%	
Saturated Fat	3 g	15%	
Trans Fat	1.5 g		
PolyUnSat	0 g	n/a	
MonoUnSat	0 g	n/a	
Cholesterol	0 mg	0%	
Sodium	75 mg	3%	
Potassium	45 mg	1%	
Total Carbs	3 g	1%	
Dietary Fiber	0 g	0%	
Sugars	1 g	n/a	
Protein	0 g	0%	
Vitamin A -	0%	Vitamin C -	0%
Calcium -	2%	Iron -	0%
Percent Daily Values are based on a 2,000 calorie diet			
Calories Per Gram:			
	Fat 9	Carbohydrates 4	Protein 4

Thiamin B1	n/a	Phosphorus	n/a
Riboflavin B2	n/a	Zinc	n/a
Niacin B3	n/a	Magnesium	n/a
Pyridoxine B6	n/a	Copper	n/a
Cobalamin B12	n/a	Selenium	n/a
Pantothenic Acid	n/a	Calcium	20 mg
Vitamin C	0 mg	Iron	0 mg
Folic Acid	n/a	Manganese	n/a
		Iodine	n/a

		Vitamin D	n/a
Child Nutrition Label	No	Vitamin D	n/a
		Vitamin E	n/a
Meat/Meat Alternative	n/a	Vitamin K	n/a
Fruit/Vegetables	n/a	Vitamin A	0 IU
Grain/Bread	n/a	Vitamin A	n/a
Meat/Meat Alternate	n/a		
Grain/Bread	n/a		
Fruit	n/a		
Vegetable:			
Red/Orange	n/a		
Dark Green	n/a		
Starchy	n/a		
Beans/Peas	n/a		
Other	n/a		
n/a			

Ingredients:

Water, Partially Hydrogenated Soybean Oil, Hydrogenated Vegetable Oils (Coconut and Palm Kernel), Corn Syrup Solids, Whey, Food Starch-Modified, Sodium Caseinate (a milk derivative), Sodium Phosphate (Sodium Hexametaphosphate), Guar Gum, Salt, Mono and Diglycerides, Sodium Stearoyl Lactylate, Sodium Citrate, Carrageenan, Locust Bean Gum, Beta Carotene (color), Potassium Sorbate (a preservative), Natural and Artificial Flavor, Culture. COMMON ALLERGENS PRESENT: Milk. Nutrition and Ingredient statement updated June 2013. The ingredient and nutrition information provided here reflects the current information provided to GFS by its suppliers. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product.

SOUR
CREAM

Product Information for 219901 BACON TKY L/O 28-32CT FZ 2-6# KE

Pack	2/CASE	Net Weight	12
Portion Size	EA	UPC Code 1	93901199010
Portion/Case	360		
Kosher	No		
Price	38.06		

Quantity Invoiced Over Last 6 Weeks

10/26/2014	11/2/2014	11/9/2014	11/16/2014	11/23/2014	11/30/2014
0	0	0	0	0	1

Other Information

Item Yield	CASE = 2 EACH 6# PKGS LAID OUT TURKEY BACON, FROZEN, 28-32CT/#
Shelf Life	FROZEN = 120 DAYS FROM DATE OF PRODUCTION
Thawing Instructions	THAW IN REFRIGERATOR OVERNIGHT
Basic Preparation	PAN FRY - PLACE IN COLD SKILLET OVER MEDIUM HEAT, COOK UNTIL DESIRED CRISPNESS BAKE - PLACE SLICES ON RACK IN SHALLOW BAKING PAN, BAKE AT 350 CONVECTION 7-10 MINUTES CONVENTIONAL 10-13 MINUTES
Merchandising Idea	PACK SIZE CHANGE, REPLACES ITEM #365861** SLICED TURKEY BACON STRIPS ON PARCHMENT LAYOUT SHEETS FOR EASY BAKING. EXCELLENT ALTERNATIVE TO A PORK BACON. GOOD NUTRITIONAL VALUE (LOWER FAT CONTENT) VS. PORK BACON. EXCELLENT FLAVOR AND YIELD. COST EFFECTIVE. PACKED FROZEN FOR AN EXTENDED SHELF-LIFE. CONSISTENT SIZE (28-32 SLICES PER LB) & THICKNESS ENSURES SAME PREP TIME EVERY TIME, WITH DEPENDABLE COST PER SERVING AND PORTIONING. MINIMAL GREASE FOR EASIER CLEAN UP.** WORKS GREAT ON SANDWICHES, OR AS A FLAVOR INGREDIENT OF SOUPS, SALADS, OMELETS OR CASSEROLES.** HEALTHCARE SEGMENT, SCHOOLS, PRISONS** BREAKFAST COP SIDE

Nutritional Information for BACON TKY L/O 28-32CT FZ 2-6# KE

Product Number:	219901
Description:	AP Bacon, Tky, L/O, 28-32ct, KE

Serving Size 2 Slc (28 g)			
Amount Per Serving			
Calories 70		Calories from Fat 45	
% Daily Value			
Total Fat	5 g	8%	
Saturated Fat	2 g	10%	
Trans Fat	0 g		
PolyUnSat	n/a	n/a	
MonoUnSat	n/a	n/a	
Cholesterol	20 mg	7%	
Sodium	360 mg	15%	
Potassium	n/a	n/a	
Total Carbs	1 g	0%	
Dietary Fiber	0 g	0%	
Sugars	0 g	n/a	
Protein	4 g	8%	
Vitamin A -	0%	Vitamin C -	0%
Calcium -	2%	Iron -	2%
Percent Daily Values are based on a 2,000 calorie diet			
Calories Per Gram:			
	Fat 9	Carbohydrates 4	Protein 4

Thiamin B1	n/a	Phosphorus	n/a
Riboflavin B2	n/a	Zinc	n/a
Niacin B3	n/a	Magnesium	n/a
Pyridoxine B6	n/a	Copper	n/a
Cobalamin B12	n/a	Selenium	n/a
Pantothenic Acid	n/a	Calcium	20 mg
Vitamin C	0 mg	Iron	.36 mg
Folic Acid	n/a	Manganese	n/a
		Iodine	n/a

		Vitamin D	n/a
Child Nutrition Label	No	Vitamin D	n/a
		Vitamin E	n/a
Meat/Meat Alternative	n/a	Vitamin K	n/a
Fruit/Vegetables	n/a	Vitamin A	0 IU
Grain/Bread	n/a	Vitamin A	n/a
Meat/Meat Alternate	n/a		
Grain/Bread	n/a		
Fruit	n/a		
Vegetable:			
Red/Orange	n/a		
Dark Green	n/a		
Starchy	n/a		
Beans/Peas	n/a		
Other	n/a		
n/a			

Ingredients:

Poultry ingredients (mechanically separated turkey, turkey), Water, Salt, Sugar, Flavoring (Salt, Sugar, Maltodextrin, Natural Smoke Flavor, Spice), Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite. COMMON ALLERGENS PRESENT: N/A. Nutrition and Ingredient statement updated January 2013.

The ingredient and nutrition information provided here reflects the current information provided to GFS by its suppliers. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product.