

# Quest Food Management

## Recipe Sizing Report

Aug 5, 2014

Page 1

<b>002068 - pasta- mini shells : ebh</b> HACCP Process: #2 Same Day Service Number of Portions: 50 Size of Portion: 1 cup	<b>Components</b> Meat/Alt: Grains: 1 oz Fruit: Vegetable: Milk:	<b>Attributes</b>
--	---	-------------------

Ingredients	Measures	Instructions
903516 pasta- mini shells gfs 242098....	6 lbs + 4 OZS (dry)	2 oz dry is 1 cup cooked
990092 margarine.....	3 1/8 cups	

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

Calories	310 kcal	Cholesterol	0 mg	Protein	7.00 g	Calcium	0.00 mg	34.84%	Calories from Total Fat
Total Fat	12.00 g	Sodium	105 mg	Vitamin A	100.0 RE	Iron	1.80 mg	5.81%	Calories from Saturated Fat
Saturated Fat	2.00 g	Carbohydrates	42.00 g	Vitamin A	500.0 IU	Water <sup>1</sup>	*0.00* g	0.00%	Calories from Trans Fat
Trans Fat <sup>1</sup>	0.00 g	Dietary Fiber	2.00 g	Vitamin C	0.0 mg	Ash <sup>1</sup>	*0.00* g	54.19%	Calories from Carbohydrates
								9.03%	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.**