

Quest Food Management Service

002136 - CHICKEN POT PIE-TINLEY

Recipe HACCP Process: #2 Same Day Service

Source:
 Number of Portions: 50
 Size of Portion: 1 CUP SERVINGS

Meat/Alt: 0 oz.
 Grain/Bread: 0 SRV.
 F/V/J: 0 Cup
 Milk: 0 FLOZ

011143 CELERY,RAW.....	3 CUP,chopped	1 CUP SERVING
903388 carrot fzn gfs 359020.....	24 OZ	
900036 Onions raw.....	3 CUP, chopped	
903297 chicken diced ckd A100101.....	10 LB	
903324 peas green frzn A100350.....	24 OZ	
903186 base chicken gfs 160821.....	1/2 CUP	
002047 SALT, TABLE.....	4 TBSP	
114657 PEPPER BLACK, GROUND.....	4 TBSP	
901040 GARLIC, GRANULATED.....	4 TBSP	
110933 MARGARINE.....	2 1/4 LB	
050394 FLOUR, ALL PURPOSE, ENRICHED, WHITE, UNBLEACH...	2 1/4 LB	
903555 WHOLE MILK-GFS-512109.....	128 OZ	

*Nutrients are based upon 1 Portion Size (1 CUP SERVINGS)

Calories	430 kcal	Cholesterol	94.82 mg	Protein	33.33 g	Calcium	102.73 mg	48.00%	Calories from Total Fat
Total Fat	22.96 g	Sodium	1184.49 mg	Vitamin A	208.10 RE	Iron	2.38 mg	11.58%	Calories from Sat Fat
Saturated Fat	5.54 g	Carbohydrate	23.78 g	Vitamin A	1145.44 IU	Water ¹	*17.97* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	1.61 g	Vitamin C	2.99 mg	Ash ¹	*2.00* g	22.10%	Calories from Carbohydrates
								30.98%	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

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.