

Quest Food Management

Recipe Sizing Report

001215 - sandwich- deli bar : tinley middle	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.....	25 (1oz=.88mma)	
902950 turkey ham gfs 211605.....	25 (1oz=.5mma)	
990093 cheese american.....	10 ozs	
011252 LETTUCE,ICEBERG (INCL CRISPHEAD TYPES),R.....	1 qt + 2 1/4 CUPS (shredded)	
011529 TOMATOES,RED,RIPE,RAW, YEAR RND AVERAGE....	50 slice, med (1/4" thick)	
011937 PICKLES,CUCUMBER,DILL.....	1 lb + 9 ozs	
900618 Cheese, white American, sliced.....	10 ozs	
009037 AVOCADOS,RAW,ALL COMM VAR.....	1 1/2 cups + 1 TBSP (pureed)	
799934 PEPPERS,JALEPENO,CND,DRND.....	12 1/2 ozs	
011206 CUCUMBER,PEELED,RAW.....	12 1/2 ozs	
902951 peppers banana rings mild 466220.....	12 1/2 ozs	
903134 bread turano king wheat soft sub 4358.....	25 (1/2 roll=2.5gb)	
901978 chicken sticks gfs 762652.....	12 1/2 (8sticks=2mma/1gb)	
903169 turkey bologna gfs 210218.....	25 (1oz=.5mma)	
116250 CHEESE, MONTEREY PEPPER JACK.....	12 1/2 ozs	
902736 dressing ranch fat free 188867.....	12 1/2 ozs	
903055 dressing sweet onion 214322.....	12 1/2 ozs	
083730 MUSTARD YELLOW PREPARED.....	12 1/2 ozs	
902837 mayo lo cal breakthru gfs 479179.....	12 1/2 ozs	
903133 bread flatbread oven fired gfs 553491.....	25 (1/2 flatbread=1.75gb)	
<i>Red Peppers</i>		

*Nutrients are based upon 1 Portion Size (serving)

Calories	321 kcal	Cholesterol	60 mg	Protein	14.18 g	Calcium	181.45 mg	52.18%	Calories from Total Fat
Total Fat	18.59 g	Sodium	1353 mg	Vitamin A	97.8 RE	Iron	2.08 mg	18.58%	Calories from Saturated Fat
Saturated Fat	6.62 g	Carbohydrates	24.72 g	Vitamin A	704.6 IU	Water ¹	64.76 g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	2.06 g	Vitamin C	7.2 mg	Ash ¹	1.70 g	30.84%	Calories from Carbohydrates
								17.69%	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