

Quest Food Management

Recipe Sizing Report

001348 - hummus- lunch pack : eb	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #1 No Cook Number of Portions: 1 Size of Portion: serving	Meat/Alt: 2 oz Grains: 1 oz Fruit: 0.5 cup Vegetable: 0.5 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
903086 hummus red pepper 572361.....	4 ozs	4oz is 1/2 cup
903128 cheese string stix wrapped 1oz gfs 47073....	1 stick	
902873 grapes red fresh.....	1 (1/2 cup)	
011960 CARROTS, BABY, RAW.....	1 (1/2 serving= 6 pieces)	
902984 pretzel twist mini bulk 405200.....	1 oz	

*Nutrients are based upon 1 Portion Size (serving)

	Calories	564 kcal	Cholesterol	15 mg	Sugars	*8.1* g	Calcium	321.98 mg	50.24% Calories from Total Fat
Total Fat	31.50 g	Sodium	1182 mg	Protein	18.77 g	Iron	4.34 mg	6.49% Calories from Saturated Fat	
Saturated Fat	4.07 g	Carbohydrates	58.66 g	Vitamin A	12088.3 IU	Water ¹	76.84 g	*0.00%* Calories from Trans Fat	
Trans Fat ²	*0.00* g	Dietary Fiber	7.53 g	Vitamin C	16.2 mg	Ash ¹	0.54 g	41.59% Calories from Carbohydrates	
								13.31% 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 572361 HUMMUS RED PEPR 6-24Z GFS

Manufacturer:			
Pack	6/CASE	Net Weight	9
Portion Size	OZ	UPC Code 1	93901408631
Portion/Case	144	UPC Code 2	93901408631
Kosher	Yes		
Price	21.29		

Quantity Invoiced Over Last 6 Weeks

1/11/2015	1/18/2015	1/25/2015	2/1/2015	2/8/2015	2/15/2015
0	0	0	0	0	0

Other Information

Other Information	
Item Yield	Case = 6-24z Hummus Red Pepper GFS
Shelf Life	Cooler = 120 days from date of production
Thawing Instructions	None
Basic Preparation	Ready to serve.
Merchandising Idea	<p>Fantastic visual appeal with flecks of roasted red pepper blended perfectly into creamy, classic hummus for authentic texture and appearance. Superior flavor and consistency. A source for non-animal protein that is vegan and vegetarian friendly.</p> <p>No hydrogenated oils. ** College and University, Healthcare, Independent restaurants, Home ** Healthy snack when served with vegetables or pita chips. Use as a spread on bagels, or on sandwiches in place of mayo.</p>

Nutritional Information for HUMMUS RED PEPR 6-24Z GFS

Product Number:	572361
Description:	AP Hummus, Red Pepr, Bulk-GFS

Nutritional Information			
Serving Size 2 tbsp (28 g)			
Amount Per Serving			
Calories 70		Calories from Fat 54	
% Daily Value			
Total Fat	6 g	9%	
Saturated Fat	0 g	0%	
Trans Fat	0 g		
PolyUnSat	n/a	n/a	
MonoUnSat	n/a	n/a	
Cholesterol	0 mg	0%	
Sodium	125 mg	5%	
Potassium	n/a	n/a	
Total Carbs	3 g	1%	
Dietary Fiber	1 g	4%	
Sugars	1 g	n/a	
Protein	2 g	4%	
Vitamin A -	0%	Vitamin C -	2%
Calcium -	2%	Iron -	2%
Percent Daily Values are based on a 2,000 calorie diet			
Calories Per Gram:			
	Fat 9	Carbohydrates 4	Protein 4

Water Soluble Vitamins		Minerals	
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	1.2 mg	Iron	.36 mg
Folic Acid	n/a	Manganese	n/a
		Iodine	n/a

School Equivalents		Fat Soluble Vitamins	
		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
Updated for New Final Rule			
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		
Notes:			
n/a			

Ingredients:

Chickpeas (chickpeas, water, salt), canola oil, roasted red peppers, sesame tahini, sea salt, citric acid, spices, sodium benzoate and potassium sorbate (to preserve freshness). COMMON

ALLERGENS PRESENT: NONE. Nutrition and Ingredient statement updated March 2014. 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.

Product Information for 470732 CHEESE STRING STIX WRPD 160-1Z GFS

Manufacturer:			
Pack	160/CASE	Net Weight	10
Portion Size	EA	UPC Code 1	93901470737
Portion/Case	160	UPC Code 2	93901470737
Kosher	No		
Price	39.13		

Quantity Invoiced Over Last 6 Weeks

1/11/2015	1/18/2015	1/25/2015	2/1/2015	2/8/2015	2/15/2015
0	0	0	0	0	0

Other Information

Other Information	
Item Yield	CASE= 160 EACH 1Z STRING CHEESE STICKS.
Shelf Life	USE BY DATE ON PKG.
Thawing Instructions	NONE
Basic Preparation	PREP: PRODUCT IS READY TO SERVE, CAN BE MELTED IF DESIRED.
Merchandising Idea	INDIVIDUALLY WRAPPED PIECES OFFER CONVENIENCE, PORTABILITY AND A HIGH LEVEL OF FOOD SAFETY**THIS SNACKING CHEESE IS MADE WITH THE SMOOTH AND DELICATE MILKY FLAVOR OF MOZZARELLA. **PRIMAY: HEALTHCARE, DAY CARE, SCHOOLS. SECONDARY: CATERING, KIDS MEAL APPLICATIONS, VENDING.**STRING CHEESE IS GREAT BY ITSELF OR DEEP FRIED FOR AS A CRISPY APPETIZER

Nutritional Information for CHEESE STRING STIX WRPD 160-1Z GFS

Product Number:	470732
Description:	AP Cheese, String, Stix, Wrpd, 1oz-GFS

Nutritional Information			
Serving Size 1 each (28 g)			
Amount Per Serving			
Calories 80		Calories from Fat 54	
% Daily Value			
Total Fat	6 g	9%	
Saturated Fat	4 g	20%	
Trans Fat	0 g		
PolyUnSat	n/a	n/a	
MonoUnSat	n/a	n/a	
Cholesterol	15 mg	5%	
Sodium	180 mg	7%	
Potassium	0 mg	0%	
Total Carbs	1 g	0%	
Dietary Fiber	1 g	4%	
Sugars	0 g	n/a	
Protein	7 g	14%	
Vitamin A -	6%	Vitamin C -	0%
Calcium -	20%	Iron -	0%
Percent Daily Values are based on a 2,000 calorie diet			
Calories Per Gram:			
	Fat 9	Carbohydrates 4	Protein 4

Water Soluble Vitamins		Minerals	
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	200 mg
Vitamin C	0 mg	Iron	0 mg
Folic Acid	n/a	Manganese	n/a
		Iodine	n/a

School Equivalents		Fat Soluble Vitamins	
		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	300 IU
Grain/Bread	n/a	Vitamin A	n/a
Updated for New Final Rule			
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		
Notes:			
			n/a

Ingredients:

Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes. **COMMON ALLERGENS PRESENT INCLUDE: MILK.**

Nutrition and Ingredient statement updated June 2014. 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.

Product Information for 405180 PRETZEL TWIST MINI 9-32Z GFS

Manufacturer:			
Pack	9/CASE	Net Weight	18
Portion Size	OZ	UPC Code 1	193901405187
Portion/Case	288	UPC Code 2	93901405180
Kosher	Yes		
Price	30.95		

Quantity Invoiced Over Last 6 Weeks

1/11/2015	1/18/2015	1/25/2015	2/1/2015	2/8/2015	2/15/2015
0	0	0	0	0	0

Other Information

Other Information	
Item Yield	CASE = PRETZEL TWISTS MINI 9-32Z GFS
Shelf Life	COOL, DRY STORAGE = USE BY EXPIRATION DATE
Thawing Instructions	PRODUCT IS PRECOOKED AND SHELF STABLE
Basic Preparation	OPEN PACKAGING AND ENJOY.
Merchandising Idea	<p>LOW FAT SNACK COMPETITIVE COST PER SERVING FLAVOR FULL INCREASE THIRST</p> <p>**GREAT FLAVOR & TEXTURE A GOOD BALANCE OF SALT AND A CRISP BITE IN EVERY PRETZEL.</p> <p>GREAT WITH SANDWICHES / BEVERAGES OR WITH DIPS, CHEESE, CHEESE SPREADS & OR PEANUT BUTTER**MARKET PLACE SCHOOLS BARS SANDWICH SHOPS RESTAURANTS CATERERS</p> <p>ENTERTAINMENT LOCATIONS GOLF & BOWLING CENTERS**WITH SANDWICHES WITH SUBS WITH DRINKS BAR DISPLAY ON BUFFETS WITH DIPS, SAUCES & PEANUT BUTTER</p>

Nutritional Information for PRETZEL TWIST MINI 9-32Z GFS

Product Number:	405180
Description:	AP Mini Pretzels, GFS

Nutritional Information			
Serving Size 17 each (28 g)			
Amount Per Serving			
Calories 110		Calories from Fat 9	
% Daily Value			
Total Fat	1 g	2%	
Saturated Fat	0 g	0%	
Trans Fat	0 g		
PolyUnSat	n/a	n/a	
MonoUnSat	n/a	n/a	
Cholesterol	0 mg	0%	
Sodium	340 mg	14%	
Potassium	n/a	n/a	
Total Carbs	23 g	8%	
Dietary Fiber	n/a	n/a	
Sugars	n/a	n/a	
Protein	3 g	6%	
Vitamin A -	0%	Vitamin C -	0%
Calcium -	0%	Iron -	10%
Percent Daily Values are based on a 2,000 calorie diet			
Calories Per Gram:			
	Fat 9	Carbohydrates 4	Protein 4

Water Soluble Vitamins		Minerals	
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	0 mg
Vitamin C	0 mg	Iron	1.8 mg
Folic Acid	n/a	Manganese	n/a
		Iodine	n/a

School Equivalents		Fat Soluble Vitamins	
		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
Updated for New Final Rule			
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		
Notes:			
n/a			

Ingredients:

Enriched Wheat Flour (Wheat Starch, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid, Silicon Dioxide [anti-caking agent]), Salt, Vegetable Oil (May contain one or more of the following: Corn, Canola, Cottonseed, Soybean), Corn Syrup, Sodium Bicarbonate, Yeast. **COMMON ALLERGENS PRESENT: Wheat.** Nutrition and Ingredient statement updated July 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.