

Quest Food Management

Recipe Sizing Report

001512 - entree-chicken & waffle : nslp	Components	Attributes
HACCP Process: #2 Same Day Service Number of Portions: 50 Size of Portion: 3 tenders/waffl	Meat/Ait: 2 oz Grains: 3 oz Fruit: Vegetable: Milk:	

Ingredients	Measures	Instructions
903114 waffle belgian sq 2.4z 206602.....	50 each square	
903285 chicken tenders bb 1.1oz gfs 532372....	50 (3 strips)	
903443 syrup pc cups gfs 160090.....	50 portion cup	

*Nutrients are based upon 1 Portion Size (3 tenders/waffl)

Calories	494 kcal	Cholesterol	81 mg	Protein	17.36 g	Calcium	20.00 mg	33.41%	Calories from Total Fat
Total Fat	18.34 g	Sodium	874 mg	Vitamin A	0.0 RE	Iron	2.54 mg	6.50%	Calories from Saturated Fat
Saturated Fat	3.57 g	Carbohydrates	65.91 g	Vitamin A	0.0 IU	Water ¹	0.00 g	0.00%	Calories from Trans Fat
Trans Fat ¹	0.00 g	Dietary Fiber	2.06 g	Vitamin C	0.0 mg	Ash ¹	0.00 g	53.37%	Calories from Carbohydrates
								14.06%	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