

Quest Food Management

Recipe Sizing Report

001532 - sandwich - turkey & cheese bun : nslp	Components	Attributes
HACCP Process: #2 Same Day Service Number of Portions: 50 Size of Portion: 1each	Meat/Alt: 1.75 oz Grains: 2 oz Fruit: Vegetable: Milk:	

Ingredients	Measures	Instructions
901993 turkey breast cooked skin on 315974.... 990093 cheese american..... 903400 bread bun hamburger gfs 254262.....	6 lbs + 4 ozs 50 slice 200 ct 50 bun	

*Nutrients are based upon 1 Portion Size (1each)

Calories	215 kcal	Cholesterol	40 mg	Protein	17.16 g	Calcium	80.75 mg	32.04%	Calories from Total Fat
Total Fat	7.67 g	Sodium	742 mg	Vitamin A	8.1 RE	Iron	2.17 mg	10.15%	Calories from Saturated Fat
Saturated Fat	2.43 g	Carbohydrates	21.42 g	Vitamin A	162.0 IU	Water ¹	*0.00* g	0.00%	Calories from Trans Fat
Trans Fat ¹	0.00 g	Dietary Fiber	4.00 g	Vitamin C	0.0 mg	Ash ¹	*0.00* g	39.77%	Calories from Carbohydrates
								31.87%	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