

Quest Food Management

Recipe Sizing Report

Aug 7, 2014

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001657 - fiesta chicken fajita : nslp	Components	Attributes
HACCP Process: #2 Same Day Service Number of Portions: 50 Size of Portion: serving	Meat/Alt: 2 oz Grains: 3 oz Fruit: Vegetable: 0.375 cup Milk:	

Ingredients	Measures	Instructions
903297 chicken diced ckd A100101.....	100 (1oz = 1m/ma)	
903063 taco seasoning spicy LS 413445.....	50 (3/4 tsp)	
903350 tortilla wg 8" frzn A100938.....	100 (1 tortilla = 1.5 g/b)	
900036 Onions raw.....	3 lbs + 2 ozs	
902815 PEPPERS,SWEET, GREEN,RAW....	6 lbs + 4 ozs	
903344 oil vegetable A100439.....	1 lb + 9 ozs	

*Nutrients are based upon 1 Portion Size (serving)

Calories	476 kcal	Cholesterol	52 mg	Protein	25.95 g	Calcium	131.91 mg	42.01%	Calories from Total Fat
Total Fat	22.21 g	Sodium	374 mg	Vitamin A	95.8 RE	Iron	0.97 mg	8.94%	Calories from Saturated Fat
Saturated Fat	4.72 g	Carbohydrates	44.50 g	Vitamin A	510.4 IU	Water ¹	*78.34* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	7.36 g	Vitamin C	47.4 mg	Ash ¹	*0.34* g	37.41%	Calories from Carbohydrates
								21.82%	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.