

Quest Food Management

Recipe Sizing Report

002183 - breakfast-belgian waffle : nslp HACCP Process: #2 Same Day Service Number of Portions: 50 Size of Portion: each	Components Meat/Alt: Grains: 2 oz Fruit: Vegetable: Milk:	Attributes
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Ingredients	Measures	Instructions
903114 waffle belgian sq 2.4z 206602...	50 each square	

*Nutrients are based upon 1 Portion Size (each)

Calories	180 kcal	Cholesterol	35 mg	Sugars	*N/A* g	Calcium	20.00 mg	30.00%	Calories from Total Fat
Total Fat	6.00 g	Sodium	360 mg	Protein	4.00 g	Iron	1.80 mg	5.00%	Calories from Saturated Fat
Saturated Fat	1.00 g	Carbohydrates	26.00 g	Vitamin A	0.0 IU	Water ¹	0.00 g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	0.00 g	Vitamin C	0.0 mg	Ash ¹	0.00 g	57.78%	Calories from Carbohydrates
								8.89%	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.