

Quest Food Management

Recipe Sizing Report

002184 - cookie wg carnival 1z gfs 2434 : nslp	Components	Attributes
HACCP Process: #2 Same Day Service Number of Portions: 50 Size of Portion: each	Meat/Alt: Grains: 0.25 oz Fruit: Vegetable: Milk:	

Ingredients	Measures	Instructions
903668 cookie wg carnival 1z gfs 243400...	50 each	

*Nutrients are based upon 1 Portion Size (each)

Calories	105 kcal	Cholesterol	5 mg	Sugars	8.4 g	Calcium	0.00 mg	27.00%	Calories from Total Fat
Total Fat	3.15 g	Sodium	84 mg	Protein	1.05 g	Iron	2.83 mg	9.00%	Calories from Saturated Fat
Saturated Fat	1.05 g	Carbohydrates	17.85 g	Vitamin A	525.0 IU	Water ¹	0.00 g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	1.05 g	Vitamin C	0.0 mg	Ash ¹	0.00 g	68.00%	Calories from Carbohydrates
								4.00%	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.