



Recipe Production

Printed: 04/03/2020 1:56 PM

Recipe Number: SA505

Recipe Name: JICAMA 1/4 PAN

Hot: No

Recipe Source: Cook Book

HACCP Process Category:

No Cook

Serving Description: 1 QUARTER PAN

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
1	1 QUARTER PAN				

Labor				
Employee Name	Start Time	Stop Time	Total Time	Rate

Stock Number	Description	Amount 1	Measure 1	Amount 2	Measure 2	Location
2589	JICAMA 40 LB	2	Pound			(Unassigned)

Cooking Instructions

Cooking Temperature: 0 **Cooking Times:** **Hours:** 0 **Minutes:** 0

Pre-Preparation Instructions

Jicama yields 89%

Preparation Instructions

Place jicama on cutting board on cut end.
 Peel with chef knife, cutting down contour of the jicama.
 Cut in half longitudinally (through center of cut end to cut end).
 Place wide, newly cut side down on cutting board.
 Depending on size of jicama, cut in three to four slices lengthwise.
 Keep pieces together.
 Place on sheet pan as one piece, slices standing on end.
 Set Globe processor at 1/4 to 3/8 inch.
 Keeping jicama cut halves together, place in processor hopper and process.
 This method will keep jicama sticks relatively uniform and they don't bounce around and get chopped irregularly.
 Place 1.75# jicama in each half tub (3.5# per fish tub).
 Label, date, refrigerate until transport.

Serving Instructions

One 1.75# half tub jicama fills one salad bar 1/4 pan.



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Nutrient	Unit	Recipe Nutrient Value	Nutrient Value per 100 Grams	Nutrient Value per Serving	% of Calories	Missing Value
Food Energy	kcal	306.3007	37.9363	306.3007		
Saturated Fat	g	0.1227	0.0152	0.1227	0.36	
Sodium	mg	31.8555	3.9454	31.8555		
Total Trans	g	0.0000	0.0000	0.0000		
Total Fat	g	0.7347	0.0910	0.7347	2.16	
Cholesterol	mg	0.0000	0.0000	0.0000		
Carbohydrate	g	71.0616	8.8012	71.0616	92.80	
Total Dietary Fiber	g	39.2061	4.8558	39.2061		
Protein	g	5.7584	0.7132	5.7584	7.52	
Vitamin A (RE)	RE	0.0000	0.0000	0.0000		*
Vitamin A (IU)	IU	0.0000	0.0000	0.0000		*
Vitamin C	mg	0.0000	0.0000	0.0000		*
Calcium	mg	0.0000	0.0000	0.0000		*
Iron	mg	0.0000	0.0000	0.0000		*
Moisture	g	0.0000	0.0000	0.0000		*
Ash	g	0.0000	0.0000	0.0000		*

Stock Number	Description	Units per		Cases	Broken Units	Broken Unit Description	Actual Used
		Case	Location				
2589	JICAMA 40 LB	1.00	(Unassigned)	2	0.00	LB	/

REPORT CRITERIA:

Sections Filter(s):

Criteria Filter(s):

Report Comments Section: