



Recipe Production

Recipe Number: WF005

Recipe Name: DRESSING, LOWFAT CREAMY

Hot: No

Recipe Source: Boulder Valley School District

HACCP Process Category:

No Cook

Serving Description: 1 serving = 1 oz

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
12	1 oz				

Labor				
Employee Name	Start Time	Stop Time	Total Time	Rate

Stock Number	Description	Amount 1	Measure 1	Amount 2	Measure 2	Location
3020	TOFU FIRM WESTSOY 2/6 LB	5	Ounce			(Unassigned)
9601	MISO SOYBEAN PASTE	3	Ounce			(Unassigned)
TAP	WATER	2	Fl Oz			(Unassigned)
2008	JUICE LEMON FRESH 16/32 OZ	2	Tbsp			(Unassigned)
1205	HONEY 6/5 LB	1	Tbsp		tsp	(Unassigned)
1030	VINEGAR WHITE WINE 4/1 GAL	1	Tbsp			(Unassigned)
1005	MUSTARD YELL 4/1 GAL	1	Tbsp			(Unassigned)
2570	GARLIC WHOLE PEELED 5 LB	22 2/3	Gram			(Unassigned)
1105	SPICE PEPPER BLK TBL ORG 80 OZ	1	tsp			(Unassigned)

Cooking Instructions				
Cooking Temperature:	0	Cooking Times:	Hours: 0	Minutes: 0
Pre-Preparation Instructions				

Preparation Instructions
Drain and Puree tofu. Blend all ingredients together using burr mixer.
Serving Instructions



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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	377.3002	96.1150	31.4417		
Saturated Fat	g	1.2644	0.3221	0.1054	3.02	
Sodium	mg	2,966.2273	755.6289	247.1856		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	7.5939	1.9345	0.6328	18.11	
Cholesterol	mg	0.0000	0.0000	0.0000		
Carbohydrate	g	57.0906	14.5435	4.7576	60.53	
Total Dietary Fiber	g	2.3596	0.6011	0.1966		
Protein	g	13.3491	3.4006	1.1124	14.15	
Vitamin A (RE)	RE	1.8258	0.4651	0.1522		
Vitamin A (IU)	IU	8.4351	2.1488	0.7029		
Vitamin C	mg	8.4646	2.1563	0.7054		
Calcium	mg	339.4508	86.4731	28.2876		
Iron	mg	3.3771	0.8603	0.2814		
Moisture	g	210.8630	53.7161	17.5719		*
Ash	g	1.9659	0.5008	0.1638		*

Stock Number	Description	Units per		Cases	Broken Units	Broken Unit Description	Actual Used
		Case	Location				
3020	TOFU FIRM WESTSOY 2/6 LB	1.00	(Unassigned)	0	0.31	LB	/
9601	MISO SOYBEAN PASTE	1.00	(Unassigned)				/
TAP	WATER	1.00	(Unassigned)	0	0.00	UNLIMITED	/
2008	JUICE LEMON FRESH 16/32 OZ	1.00	(Unassigned)	0	0.03	CONT (32 FL OZ)	/
1205	HONEY 6/5 LB	1.00	(Unassigned)	0	0.01	JUG (5 LB)	/
1030	VINEGAR WHITE WINE 4/1 GAL	1.00	(Unassigned)	0	0.00	GAL	/
1005	MUSTARD YELL 4/1 GAL	1.00	(Unassigned)	0	0.00	GAL	/
2570	GARLIC WHOLE PEELED 5 LB	1.00	(Unassigned)	0	0.05	LB	/
1105	SPICE PEPPER BLK TBL ORG 80	1.00	(Unassigned)	0	0.08	OZ	/

REPORT CRITERIA:

Sections Filter(s):

Criteria Filter(s):

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