



## Recipe Production

**Recipe Number:** WF006

**Recipe Name:** DRESSING, ORANGE AVOCADO

**Hot:** No

**Recipe Source:** Boulder Valley School District

**HACCP Process Category:**

No Cook

**Serving Description:** 1 serving = 1 ounce

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
25	1 OZ				

Labor				
Employee Name	Start Time	Stop Time	Total Time	Rate

Stock Number	Description	Amount 1	Measure 1	Amount 2	Measure 2	Location
	Onions, spring or scallions (includes tops	9	Ounce	10 2/3	Gram	(Unassigned)
1011	SALT KOSHER 12/3 LB	1 1/2	tsp			(Unassigned)
1105	SPICE PEPPER BLK TBL ORG 80 OZ	1	Tbsp	1/8	tsp	(Unassigned)
1030	VINEGAR WHITE WINE 4/1 GAL	3	Tbsp	1/3	tsp	(Unassigned)
TAP	WATER	1	Cup	4 1/2	Fl Oz	(Unassigned)
1353	JUICE OJ BORDEN 4 OZ	2	Tbsp	1 1/2	tsp	(Unassigned)
9602	Avocado	15	Ounce	17 3/4	Gram	(Unassigned)

**Cooking Instructions**

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

**Pre-Preparation Instructions**

Green onions yield 85% with tops  
 Avocados yield 69%

**Preparation Instructions**

Slice green onions.  
 Core avocado  
 Blend all ingredients together using a burr mixer.

**Serving Instructions**



## Recipe Production

**Recipe Number:** WF006

**Recipe Name:** DRESSING, ORANGE AVOCADO

Nutrient	Unit	Recipe Nutrient Value	Nutrient Value per 100 Grams	Nutrient Value per Serving	% of Calories	Missing Value
Food Energy	kcal	649.1530	58.9226	25.9661		
Saturated Fat	g	6.6488	0.6035	0.2660	9.22	
Sodium	mg	3,738.5820	339.3452	149.5433		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	45.7725	4.1547	1.8309	63.46	
Cholesterol	mg	0.0000	0.0000	0.0000		
Carbohydrate	g	62.2827	5.6533	2.4913	38.38	
Total Dietary Fiber	g	28.2653	2.5656	1.1306		
Protein	g	11.6494	1.0574	0.4660	7.18	
Vitamin A (RE)	RE	295.9675	26.8645	11.8387		
Vitamin A (IU)	IU	2,776.6858	252.0354	111.0674		
Vitamin C	mg	128.8862	11.6988	5.1554		
Calcium	mg	253.6234	23.0210	10.1449		
Iron	mg	7.0575	0.6406	0.2823		
Moisture	g	836.7833	75.9535	33.4713		*
Ash	g	16.6313	1.5096	0.6653		*

Stock Number	Description	Units per		Cases	Broken Units	Broken Unit Description	Actual Used
		Case	Location				
1011	Onions, spring or scallions (includes SALT KOSHER 12/3 LB	1.00	(Unassigned)		0.01	BOX (3 LB)	/
1105	SPICE PEPPER BLK TBL ORG 80	1.00	(Unassigned)	0	0.24	OZ	/
1030	VINEGAR WHITE WINE 4/1 GAL	1.00	(Unassigned)	0	0.01	GAL	/
TAP	WATER	1.00	(Unassigned)	0	0.00	UNLIMITED	/
1353	JUICE OJ BORDEN 4 OZ	1.00	(Unassigned)	1	0.26	CARTON (4 O	/
9602	Avocado	1.00	(Unassigned)				/

**REPORT CRITERIA:**

Sections Filter(s):

Criteria Filter(s):

Report Comments Section: