



Recipe Production

Recipe Number: HK2255

Recipe Name: Nacho Seasoned Lentil Crumbles

Hot: Yes

Recipe Source: Cook Book

HACCP Process Category:

Same Day

Serving Description: 1/2 cup

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
100	1/2 cup				

Labor				
Employee Name	Start Time	Stop Time	Total Time	Rate

Stock Number	Description	Amount 1	Measure 1	Amount 2	Measure 2	Location
1311	OIL OLIVE CANOLA BLEND 10 L	24	Tbsp			(Unassigned)
TAP	WATER	12	Gal.	4	Fl Oz	(Unassigned)
1049	SPICE OREGANO BULK 5 LB	8	Tbsp			(Unassigned)
1019	SPICE PAPRIKA 18OZ	1	Cup	8	Tbsp	(Unassigned)
9538	ONION YELLOW JMB 50 LB	4	Pound, 1/4" dice			(Unassigned)
HK1	Lentil Crumble	50	Pound			(Unassigned)

Cooking Instructions

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

Pre-Preparation Instructions

Sourced via partnership with the CIA Healthy Kids Collaborative

Preparation Instructions

- 1) Saute diced onions in oil until translucent.
- 2) Add lentil crumbles and combine.
- 3) Add oregano, paprika and water. Simmer until mixture reaches a chili - like consistency.

Serving Instructions

CCP - Minimum internal temperature should be 140 degrees F. or above. CCP - Hold hot (140 degrees F. or above) for service.



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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	41,288.6866	60.5580	412.8869		
Saturated Fat	g	49.4308	0.0725	0.4943	1.08	
Sodium	mg	64,541.6121	94.6630	645.4161		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	1,449.5835	2.1261	14.4958	31.60	
Cholesterol	mg	0.0000	0.0000	0.0000		
Carbohydrate	g	4,749.6512	6.9663	47.4965	46.01	
Total Dietary Fiber	g	1,221.1110	1.7910	12.2111		
Protein	g	1,901.8923	2.7895	19.0189	18.43	
Vitamin A (RE)	RE	9,461.5305	13.8772	94.6153		*
Vitamin A (IU)	IU	80,510.1435	118.0840	805.1014		*
Vitamin C	mg	256.4947	0.3762	2.5649		*
Calcium	mg	17,618.7017	25.8413	176.1870		
Iron	mg	799.0743	1.1720	7.9907		
Moisture	g	47,377.8100	69.4889	473.7781		*
Ash	g	66.6123	0.0977	0.6661		*

Stock Number	Description	Units per			Broken Units	Broken Unit Description	Actual Used
		Case	Location	Cases			
1311	OIL OLIVE CANOLA BLEND 10 L	1.00	(Unassigned)	0	0.04	CONTAINER (/
TAP	WATER	1.00	(Unassigned)	0	0.00	UNLIMITED	/
1049	SPICE OREGANO BULK 5 LB	1.00	(Unassigned)	0	0.10	LB	/
1019	SPICE PAPRIKA 18OZ	1.00	(Unassigned)	5	0.33	OZ	/
9538	ONION YELLOW JMB 50 LB	1.00	(Unassigned)	4	0.41	LB	/
HK1	Lentil Crumble	1.00	(Unassigned)	372	0.00	bag	/

REPORT CRITERIA:

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