



Recipe Production

Recipe Number: HK2273

Recipe Name: Potato Ragda Bowl

Hot: Yes

Recipe Source: Cook Book

HACCP Process Category:

Complex

Serving Description: 3/4 cup

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
100	3/4 cup				

Labor				
Employee Name	Start Time	Stop Time	Total Time	Rate

Stock Number	Description	Amount 1	Measure 1	Amount 2	Measure 2	Location
HK2269	Apple Chutney	4 1/4	Cup			(Unassigned)
SI001	SIDE POTATOES ROASTED	25	Pound			(Unassigned)
HK2272	Chickpea Ragda	12	Pound	8	Ounce	(Unassigned)

Cooking Instructions

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

Pre-Preparation Instructions

Sourced via partnership with the CIA Healthy Kids Collaborative
 1.) Prepare roasted potatoes, chickpea ragda and apple chutney according to sub recipes.

Preparation Instructions

2.) Serve 1/2 cup potatoes topped with 1/4 cup chickpea ragda and 2 tsp apple chutney. Serve Immediately.

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	16,190.9259	85.5721	161.9093		
Saturated Fat	g	34.5305	0.1825	0.3453	1.92	
Sodium	mg	36,097.4996	190.7821	360.9750		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	342.1070	1.8081	3.4211	19.02	
Cholesterol	mg	0.0000	0.0000	0.0000		
Carbohydrate	g	3,108.7064	16.4301	31.0871	76.80	
Total Dietary Fiber	g	407.5162	2.1538	4.0752		
Protein	g	350.0726	1.8502	3.5007	8.65	
Vitamin A (RE)	RE	775.1852	4.0970	7.7519		*
Vitamin A (IU)	IU	8,017.9728	42.3765	80.1797		
Vitamin C	mg	2,973.9903	15.7181	29.7399		
Calcium	mg	3,741.1719	19.7728	37.4117		
Iron	mg	171.7063	0.9075	1.7171		
Moisture	g	14,855.1553	78.5123	148.5516		*
Ash	g	248.1085	1.3113	2.4811		*

Stock Number	Description	Units per			Broken Units	Broken Unit Description	Actual Used
		Case	Location	Cases			
HK2269	Apple Chutney	1.00	(Unassigned)	25	0.56	2 2/3 tbsp	/
SI001	SIDE POTATOES ROASTED	1.00	(Unassigned)	126	0.22	0.5 CUP	/
HK2272	Chickpea Ragda	1.00	(Unassigned)	16	0.07	1/4 cup	/

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