



Recipe Production

Recipe Number: SI710

Recipe Name: SIDE VEG DU JOUR

Hot: Yes

Recipe Source: Cook Book

HACCP Process Category:

Complex

Serving Description: .5 CUP

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
100	.5 CUP				

Labor				
Employee Name	Start Time	Stop Time	Total Time	Rate

Stock Number	Description	Amount 1	Measure 1	Amount 2	Measure 2	Location
SI640	SIDE ZUCCHINI ROASTED	33 1/3	.5 CUP			(Unassigned)
SI646	SIDE SPAGHETTI SQUASH	33 1/3	.5 CUP			(Unassigned)
SI647	SIDE BUTTERNUT SQUASH	33 1/3	.5 CUP			(Unassigned)

Cooking Instructions

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

Pre-Preparation Instructions

See sub recipes:
 SI640
 SI646
 SI647

Preparation Instructions

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	6,932.7839	39.8207	69.3278		
Saturated Fat	g	51.3247	0.2948	0.5132	6.66	
Sodium	mg	44,291.2663	254.4013	442.9127		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	196.8200	1.1305	1.9682	25.55	
Cholesterol	mg	128.2421	0.7366	1.2824		
Carbohydrate	g	1,319.9740	7.5817	13.1997	76.16	
Total Dietary Fiber	g	238.6911	1.3710	2.3869		
Protein	g	186.7048	1.0724	1.8670	10.77	
Vitamin A (RE)	RE	56,942.1906	327.0660	569.4219		
Vitamin A (IU)	IU	194,800.7860	1,118.9017	1,948.0079		
Vitamin C	mg	2,288.8579	13.1468	22.8886		
Calcium	mg	4,880.8935	28.0350	48.8089		
Iron	mg	93.2654	0.5357	0.9327		
Moisture	g	15,494.7433	88.9991	154.9474		*
Ash	g	211.2704	1.2135	2.1127		*

Stock Number	Description	Units per			Cases	Broken Units	Broken Unit Description	Actual Used
		Case	Location	Cases				
SI640	SIDE ZUCCHINI ROASTED	1.00	(Unassigned)	33	0.35	0.5 CUP	/	
SI646	SIDE SPAGHETTI SQUASH	1.00	(Unassigned)	53	0.41	0.5 CUP	/	
SI647	SIDE BUTTERNUT SQUASH	1.00	(Unassigned)	40	0.36	0.5 CUP	/	

REPORT CRITERIA:

Sections Filter(s):

Criteria Filter(s):

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