



## Recipe Production

**Recipe Number:** SO055

**Recipe Name:** SOUP YAM POBLANO

**Hot:** Yes

**Recipe Source:** Whole Foods Market

**HACCP Process Category:**

Complex

**Serving Description:** 1 cup

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
100	1 CUP				

Labor				
Employee Name	Start Time	Stop Time	Total Time	Rate

Stock Number	Description	Amount 1	Measure 1	Amount 2	Measure 2	Location
2538	ONION YELLOW JUMBO 50 LB	4	Pound	4 1/3	Ounce	(Unassigned)
1013	BASE VEG NO MSG 6/1 LB	10	Ounce	11 3/4	Gram	(Unassigned)
2529	CELERY CS 30 CT/ 30 LB	5	Pound	6 2/3	Ounce	(Unassigned)
2586	POTATO SWEET YAM 40 LB	18	Pound	12	Ounce	(Unassigned)
TAP	WATER	3	Gal.	2 1/2	Quart	(Unassigned)
1011	SALT KOSHER 12/3 LB	4	TBSP	1/2	TSP	(Unassigned)
2539	PEPPERS POBLANO 10 LB	2	Pound	1 1/3	Ounce	(Unassigned)
1309	OIL VEGETABLE 6/1 GAL	8	Tbsp	1	tsp	(Unassigned)
1046	SPICE CUMIN BULK 10 LB	3	Tbsp	2 3/4	tsp	(Unassigned)
1063	SPICE GARLIC POWDER BULK 25 LB	4	Tbsp	1/2	tsp	(Unassigned)

**Cooking Instructions**

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

**Pre-Preparation Instructions**

Recipe Source: Whole Foods Market  
 Yield Factors -  
 Onion yield = 78%  
 Celery yield = 74%  
 Poblano Pepper yield = .80%  
 Peeled sweet potatoes yield = 61%

**Preparation Instructions**

Roast peppers in 375 degree oven for about 30 minutes. Remove seeds and dice.  
 Dice celery and onions. Peel, dice sweet potatoes.  
 Sautee celery and onions in oil. When soft, add peppers.  
 Add sweet potatoes. Cover with water/stock. Boil. Season with salt.  
 Cook until potatoes are soft.  
 Burr mix.

**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	6,757.8477	28.7722	67.5785		
Saturated Fat	g	14.2804	0.0608	0.1428	1.90	
Sodium	mg	26,227.6043	111.6666	262.2760		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	126.5972	0.5390	1.2660	16.86	
Cholesterol	mg	0.0000	0.0000	0.0000		
Carbohydrate	g	1,313.2991	5.5915	13.1330	77.73	
Total Dietary Fiber	g	231.6799	0.9864	2.3168		
Protein	g	132.3516	0.5635	1.3235	7.83	
Vitamin A (RE)	RE	104,529.2632	445.0436	1,045.2926		*
Vitamin A (IU)	IU	745,469.8334	3,173.9110	7,454.6983		*
Vitamin C	mg	436.5137	1.8585	4.3651		*
Calcium	mg	3,372.3943	14.3583	33.7239		*
Iron	mg	59.8929	0.2550	0.5989		*
Moisture	g	20,904.0394	89.0010	209.0404		*
Ash	g	137.3309	0.5847	1.3733		*

Stock Number	Description	Units per		Cases	Broken Units	Broken Unit Description	Actual Used
		Case	Location				
2538	ONION YELLOW JUMBO 50 LB	1.00	(Unassigned)	4	0.27	LB	/
1013	BASE VEG NO MSG 6/1 LB	1.00	(Unassigned)	0	0.65	CONT (1 LB)	/
2529	CELERY CS 30 CT/ 30 LB	1.00	(Unassigned)	5	0.42	LB	/
2586	POTATO SWEET YAM 40 LB	1.00	(Unassigned)	18	0.75	LB	/
TAP	WATER	1.00	(Unassigned)	0	0.00	UNLIMITED	/
1011	SALT KOSHER 12/3 LB	1.00	(Unassigned)	0	0.04	BOX (3 LB)	/
2539	PEPPERS POBLANO 10 LB	1.00	(Unassigned)	2	0.08	LB	/
1309	OIL VEGETABLE 6/1 GAL	1.00	(Unassigned)	0	0.03	GAL	/
1046	SPICE CUMIN BULK 10 LB	1.00	(Unassigned)	0	0.06	LB	/
1063	SPICE GARLIC POWDER BULK 25	1.00	(Unassigned)			LB	/

**REPORT CRITERIA:**

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