



Recipe Production

Recipe Number: SI640

Recipe Name: SIDE ZUCCHINI ROASTED

Hot: Yes

Recipe Source: Cook Book

HACCP Process Category:

Complex

Serving Description: 0.5 CUP

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
100	0.5 CUP				

Labor				
Employee Name	Start Time	Stop Time	Total Time	Rate

Stock Number	Description	Amount 1	Measure 1	Amount 2	Measure 2	Location
2596	SQUASH GREEN ZUCC 20 LB	26	Pound	4 3/4	Ounce	(Unassigned)
1306	OIL EVO ITAL 6/1 GAL	1	Cup	4	Tbsp	(Unassigned)
1024	SPICE PEPPER RED CRSHD	1 1/4	tsp			(Unassigned)
1011	SALT KOSHER 12/3 LB	10	TBSP			(Unassigned)

Cooking Instructions

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

Pre-Preparation Instructions

Cooked zucchini yield = 86%
 Cut zucchini into 1/4 - inch half moons.

Preparation Instructions

Slice Zucchini in the Globe.
 In large mixing bowl, toss zucchini with oil, red pepper flakes, and salt.
 Mix thoroughly.
 Place 2.5# seasoned Zucchini into plastic bags.
 Label date and prepare for transport.
 Transfer zucchini into 2.5 - inch hotel pans and cool per HACCP.

Serving Instructions

Transfer Zucchini from plastic bags to parchment lined sheetpans.
 Roast zucchini n 350 degrees F oven to internal temp of 165 degrees. Approximately 12 - 15 minutes.
 Serving size 1/2 cup.
 Serve with 4 - oz slotted spoodle.



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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	4,129.5303	38.7973	41.2953		
Saturated Fat	g	45.8963	0.4312	0.4590	10.00	
Sodium	mg	47,335.1081	444.7175	473.3511		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	302.8072	2.8449	3.0281	65.99	
Cholesterol	mg	0.0000	0.0000	0.0000		
Carbohydrate	g	318.8155	2.9953	3.1882	30.88	
Total Dietary Fiber	g	102.5110	0.9631	1.0251		
Protein	g	124.0435	1.1654	1.2404	12.02	
Vitamin A (RE)	RE	3,589.4608	33.7233	35.8946		
Vitamin A (IU)	IU	21,022.7198	197.5103	210.2272		
Vitamin C	mg	1,834.9908	17.2399	18.3499		
Calcium	mg	1,671.7140	15.7059	16.7171		
Iron	mg	39.8400	0.3743	0.3984		
Moisture	g	9,717.5036	91.2968	97.1750		*
Ash	g	179.2213	1.6838	1.7922		*

Stock Number	Description	Units per		Cases	Broken Units	Broken Unit Description	Actual Used
		Case	Location				
2596	SQUASH GREEN ZUCC 20 LB	1.00	(Unassigned)	26	0.30	LB	/
1306	OIL EVO ITAL 6/1 GAL	1.00	(Unassigned)	0	0.08	GAL	/
1024	SPICE PEPPER RED CRSHD	1.00	(Unassigned)	0	0.09	OZ	/
1011	SALT KOSHER 12/3 LB	1.00	(Unassigned)	0	0.09	BOX (3 LB)	/

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