

Recipe Prep Sheet

1480 - BLT Salad

Recipe HACCP Process: #1 No Cook
 Source: local
 Number of Portions: 1
 Portion Size: salad

Ingredient #	Ingredient Description	Measurements
900582	Lettuce - Romaine - chopped	3 oz
903576	Bacon - turkey - chopped	1 oz
903454	Egg Hard Cooked - Sunny Fresh	1 7/8 oz
903179	Tomato - Grape	3 oz
903543	Ranch - Red.Cal. - Mrs.Clarks'- 1 oz.	1 each

*Nutrients are based upon 1 Portion Size (salad)

Calories ¹	306.308 kcal	Total Fat	19.400 g	Total Dietary Fiber	2.154 g	Vitamin C	0.000 mg	57.001% Calories from Total Fat
Saturated Fat ¹	4.800 g	Trans Fat ²	0.000 g	Protein	19.354 g	Iron	0.000 mg	14.103% Calories from Sat Fat
Sodium ¹	940.615 mg	Cholesterol	238.000 mg	Vitamin A	21.538 IU	Water	0.000 g	0.000% Calories from Trans Fat
Sugars	*4.308* g	Carbohydrate	9.462 g	Calcium	0.000 mg	Ash	0.000 g	12.356% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			25.274% Calories from Protein
Type of Fat	-							

Components					
Meat/Meat ALT	2 oz eq	Grain	2 oz eq	Fruit	cup
				Vegetable	1.5 cup
				Milk	cup

Allergens							
Milk	Egg						

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - denotes required nutrient values
² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Recipe Prep Sheet

1485 - BLT Salad Vegetarian

Recipe HACCP Process: #1 No Cook

Source: local

Number of Portions: 1

Portion Size: salad

Ingredient #	Ingredient Description	Measurements
900582	Lettuce - Romaine - chopped	3 oz
903454	Egg Hard Cooked - Sunny Fresh	1 7/8 oz
900154	Cheese - Cheddar, Shredded - LOL	1 oz
903179	Tomato - Grape	3 oz
903543	Ranch - Red.Cal. - Mrs.Clarks'- 1 oz.	1 each

*Nutrients are based upon 1 Portion Size (salad)

Calories ¹	296.308 kcal	Total Fat	21.400 g	Total Dietary Fiber	2.154 g	Vitamin C	0.000 mg	65.000% Calories from Total Fat
Saturated Fat ¹	8.800 g	Trans Fat ²	0.000 g	Protein	16.354 g	Iron	0.000 mg	26.729% Calories from Sat Fat
Sodium ¹	550.615 mg	Cholesterol	238.000 mg	Vitamin A	21.538 IU	Water	0.000 g	0.000% Calories from Trans Fat
Sugars	*4.308* g	Carbohydrate	8.462 g	Calcium	0.000 mg	Ash	0.000 g	11.423% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			22.077% Calories from Protein
Type of Fat	-							

Components									
Meat/Meat ALT	2 oz eq	Grain	2 oz eq	Fruit	cup	Vegetable	1.5 cup	Milk	cup

Allergens							
Dairy	Egg	Milk					

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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