

Recipe Prep Sheet

American Dairy Association North East

990067 - Chicken Flatbread Bento Box

Recipe HACCP Process: #1 No Cook
 Source: DSB
 Number of Portions: 50
 Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
011960	CARROTS,BABY,RAW	8 LB	<p>Wet your hands with clean,running water — either warm or cold. Apply soap and lather well. Rub your hands vigorously for at least 20 seconds. Remember to scrub all surfaces,including the backs of your hands,...Rinse well. Dry your hands with a clean towel or air-dry them.</p> <p>Chop cilantro and mint. Grate the fresh ginger. Add both to the yogurt along with the lemon juice. Mix well. Cut the flatbreads in half.</p> <p>Prepare Bento Box as follows:</p> <p>In a clear plastic 3 or 4 compartment container,add the ingredients:</p> <p>2 oz diced chicken</p> <p>1 half piece of the flatbread</p> <p>6 baby carrots</p> <p>1/2 cup of the yogurt dip.</p> <p>Close the box.</p> <p>CCP: Hold for cold service at 41° F or lower.</p> <p>CCP: Refrigerate until served.</p>
018973	FOCACCIA,ITALIAN FLATBREAD,PLN	50 (1/2 piece)	
001314	YOGURT,GREEK,NONFAT,PLN,	12 1/2 LB	
901843	CHICK,DICED	6 1/4 LB	
990070	MINT LEAVES, FRESH	3 CUP	
011216	GINGER ROOT,RAW	1/2 CUP, slices	
009524	LEMON JUC FROM CONC,BTLD,REAL LEMON	1 cup	
011165	CORIANDER (CILANTRO) LEAVES,RAW	3 1/2 CUP	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	267.553 kcal	Total Fat	6.970 g	Total Dietary Fiber	2.983 g	Vitamin C	3.400 mg	23.446% Calories from Total Fat
Saturated Fat ¹	1.626 g	Trans Fat ²	*0.010* g	Protein	30.184 g	Iron	2.372 mg	5.468% Calories from Sat Fat
Sodium ¹	309.687 mg	Cholesterol	*57.549* mg	Vitamin A	10222.887 IU	Water	218.767 g	*0.034%* Calories from Trans Fat
Sugars	*4.056* g	Carbohydrate	20.632 g	Calcium	172.095 mg	Ash	2.349 g	30.846% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			45.126% Calories from Protein
Type of Fat	-							

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.

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Components					
Meat/Meat ALT	2 oz eq	Grain	1.5 oz eq	Fruit	cup
				Vegetable	.5 cup
				Milk	cup

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