

Recipe Prep Sheet

American Dairy Association North East

990126 - Curry Cheese Sauce

Recipe HACCP Process: #3 Complex Food Preparation

Source: ADANE

Number of Portions: 50

Portion Size: 1

Ingredient #	Ingredient Name	Measurements	Instructions
122185	Ultimate White Cheese Sauce Pouch	2 pouch	Combine all cheese sauce and curry powder ingredients in steam table pan or cheese warmer. Cover. Heat on full steam until sauce reaches 165°F for at least 15 seconds. CCP: Heat to 165°F or higher for at least 15 seconds. Bake broccoli and cauliflower until cooked and slightly crispy. Cook chicken strips per instructions. Serve 3oz portion of cheese sauce, 2 chicken tenders, 1 4" pita and 1 cup roasted veggies. CCP: Hold for hot service at 135°F or higher.
002015	CURRY POWDER	2/3 cup	
018042	BREAD,PITA,WHOLE-WHEAT	50 pita, small (4" dia)	
011095	BROCCOLI,FRZ,SPEARS,CKD,BLD,DRND,WO/SALT	50 (0.5 CUP)	
011136	CAULIFLOWER,CKD,BLD,DRND,WO/SALT	50 .5 CUP, 1" pieces	
005327	CHICKEN BREAST TENDERS,BREADED,UNCKD	100 piece	

*Nutrients are based upon 1 Portion Size (1)

Calories ¹	383.840 kcal	Total Fat	19.548 g	Total Dietary Fiber	6.905 g	Vitamin C	64.607 mg	45.835% Calories from Total Fat
Saturated Fat ¹	10.094 g	Trans Fat ²	*0.000* g	Protein	22.796 g	Iron	2.349 mg	23.668% Calories from Sat Fat
Sodium ¹	1096.827 mg	Cholesterol	52.315 mg	Vitamin A	*937.803* IU	Water	251.123 g	*0.000%* Calories from Trans Fat
Sugars	3.592 g	Carbohydrate	32.341 g	Calcium	540.195 mg	Ash	7.151 g	33.702% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			23.756% Calories from Protein
Type of Fat	-							

Components

Meat/Meat ALT	2 oz eq	Grain	1 oz eq	Fruit	cup	Vegetable	1 cup	Milk	cup
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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.