

Recipe Prep Sheet

American Dairy Association North East



990156 - Bengali Florentine

Recipe HACCP Process: #3 Complex Food Preparation

Source: ADANE

Number of Portions: 25

Portion Size: 3/4 cup

**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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| Ingredient # | Ingredient Name | Measurements | Instructions |
|--------------|---|--------------------------|--------------------------|
| 000711 | BEEF GROUND ,80/20 Raw-to Cook & Drain | 2 LB,raw wgt, yield incl | No Instructions Assigned |
| 001129 | EGG,WHL,CKD,HARD-BOILED | 13 large | |
| 011959 | ARUGULA,RAW | 25 oz | |
| 001287 | YOGURT,GREEK,PLN,LOWF AT | 22 oz | |
| 119539 | Maple Syrup | 4 oz | |
| 002047 | SALT,TABLE | 1 1/3 oz | |
| 016157 | CHICKPEA FLOUR (BESAN) | 2 LB | |
| 051372 | POTATOES, FRESH, RUSSET (BAKING TYPE), BAKED, | 9 1/2 LB | |
| 014429 | WATER | 1 cup 8 fl oz | |
| 011282 | ONIONS,RAW | 1 3/4 CUP, sliced | |
| 004582 | VEGETABLE OIL,CANOLA | 15 oz | |
| 002024 | MUSTARD SEED,YELLOW | 1 oz | |
| 799902 | CUMIN,GROUND | 7/8 oz | |
| 002013 | CORIANDER SEED | 7/8 oz | |
| 002043 | TURMERIC,GROUND | 5/8 oz | |

*Nutrients are based upon 1 Portion Size (3/4 cup)

| | | | | | | | | |
|----------------------------|--------------|------------------------|------------|---------------------|------------|-----------|-------------|-------------------------------------|
| Calories ¹ | 598.699 kcal | Total Fat | 28.576 g | Total Dietary Fiber | 7.601 g | Vitamin C | 15.208 mg | 42.957% Calories from Total Fat |
| Saturated Fat ¹ | 4.661 g | Trans Fat ² | *0.083* g | Protein | 26.621 g | Iron | 5.965 mg | 7.007% Calories from Sat Fat |
| Sodium ¹ | 680.216 mg | Cholesterol | 126.596 mg | Vitamin A | 914.938 IU | Water | *101.135* g | *0.124%* Calories from Trans Fat |
| Sugars | *6.138* g | Carbohydrate | 60.301 g | Calcium | 152.336 mg | Ash | *N/A* g | 40.288% Calories from Carbohydrates |
| Moisture Change | 0.000 % | Fat Change | 0.000 % | Portion Cost | \$0.000 | | | 17.786% Calories from Protein |
| Type of Fat | - | | | | | | | |

| Components | | | | | |
|---------------|---------|-----------|------------|-------|-----|
| Meat/Meat ALT | 2 oz eq | Grain | 1.25 oz eq | Fruit | cup |
| | | Vegetable | 1.125 cup | Milk | cup |

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