

Recipe Prep Sheet

BLT Food and Nutrition LLC

990172 - Chipotle Peach BBQ Sauce served with Pulled Pork Sandwich

Recipe HACCP Process: #3 Complex Food Preparation

Source:

Number of Portions: 100

Portion Size: 1

Ingredient #	Ingredient Name	Measurements	Instructions
990487	Pulled pork, cooked, frozen	300 oz	No Instructions Assigned
051477	Peaches, Diced, Extra Light Syrup, Canned	173 oz	
990438	barbecue sauce, original (Sweet Baby Ray's)	6 cup	
990488	Chipotle Seasoning, Dry	2 tbsp	
990489	Cheddar Cheese, yellow, Sliced USDA 111110	75 oz	
990422	hamburger bun, whole grain rich	100 bun	

*Nutrients are based upon 1 Portion Size (1)

Calories ¹	426.074 kcal	Total Fat	16.087 g	Total Dietary Fiber	*3.387* g	Vitamin C	*0.466* mg	33.982% Calories from Total Fat
Saturated Fat ¹	7.050 g	Trans Fat ²	0.000 g	Protein	28.562 g	Iron	*2.000* mg	14.892% Calories from Sat Fat
Sodium ¹	816.389 mg	Cholesterol	74.250 mg	Vitamin A	*116.770* IU	Water	*N/A* g	0.000% Calories from Trans Fat
Sugars	14.737 g	Carbohydrate	42.101 g	Calcium	*31.000* mg	Ash	*N/A* g	39.525% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			26.814% Calories from Protein
Type of Fat	-							

Components

Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	cup	Vegetable	cup	Milk	cup
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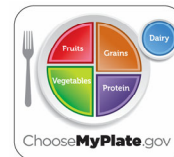
N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - 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.

**USDA Foods
in Schools****100220 - Peaches, Diced, Extra Light Syrup, Canned**
Category: Fruit**Product Description**

- This item is U.S. Grade B canned diced peaches packed in extra light syrup or fruit juice. This product is available in cases containing six #10 cans.

Crediting/Yield

- One case yields about 106 1/2-cup servings of drained, diced peaches.
- CN Crediting: 1/2 cup diced peaches credit as 1/2 cup fruit.

Culinary Tips and Recipes

- Peaches can be added to fruit salads, used as a topping for yogurt, or served as a side at breakfast, lunch or afterschool snack.
- Use diced peaches to make a peach sauce or glaze for chicken.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or [USDA's Team Nutrition](#).

Food Safety Information

- For more information on safe storage and cooking temperatures, and safe handling practices, please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

Visit us at www.fns.usda.gov/usda-fis

Nutrition Facts

Serving size: 1/2 cup (124g) peaches, diced, extra light syrup, canned

Amount Per Serving

Calories 60

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 10mg

Total Carbohydrate 14g

Dietary Fiber 0g

Sugars 13g

Protein 0g

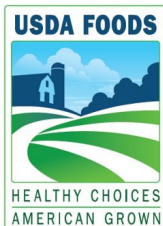
Source: USDA Foods Vendor Labels

Allergen Information: Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, contact the product manufacturer.

Nutrient values in this section are from the USDA Food Composition Database or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

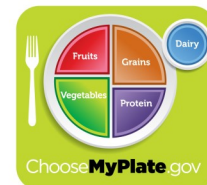
USDA Foods Product Information Sheet

For Child Nutrition Programs



110730—Pork, Pulled, Cooked, Frozen

Category: **Meat/Meat Alternate**



PRODUCT DESCRIPTION

This item is a fully cooked, minimally seasoned pulled pork. This product is delivered frozen in cases containing eight 5-pound or four 10-pound packages.

CREDITING/YIELD

- One case of pulled pork provides about 320 2-ounce portions.
- CN Crediting: 2 ounces of pulled pork and juices credits as 1 ounce equivalent meat/meat alternate. Confirm individual vendor crediting by using the CN Label or the product formulation statement.

CULINARY TIPS AND RECIPES

- Pulled pork can be used as a protein component in dishes such as sandwiches, wraps, burritos, fajitas, or casseroles.
- The minimally seasoned formulation allows schools to customize the flavor profile. Try adding barbeque sauce, Asian seasonings, or Latin flavors to use this product in a variety of ways in your menu cycle.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](http://www.instituteofchildnutrition.org) or USDA's [Team Nutrition](http://www.teamnutrition.org).

FOOD SAFETY INFORMATION

- For more information on safe storage and cooking temperatures, and safe handling practices please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](http://www.fns.usda.gov/fdd/developing-a-school-food-safety-program-based-on-the-process-approach-to-haccp-principles).

NUTRITION FACTS

Serving size: 2 ounce (56 g)/1 MMA pulled pork and juices

Amount Per Serving

Calories 92

Total Fat 5g

Saturated Fat 2g

Trans Fat 0g

Cholesterol 36mg

Sodium 202mg

Total Carbohydrate 0g

Dietary Fiber 0g

Sugars 0g

Protein 11g

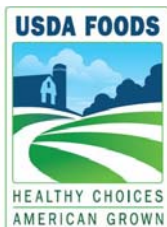
Source: USDA Foods Vendor Labels

Allergen Information: The specification does not permit the use of gluten-containing ingredients. Please refer to allergen statement on the outside of the product package for additional vendor-specific information. For more information, please contact the product manufacturer directly.

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

USDA Foods Product Information Sheet

For Child Nutrition Programs



111110—Cheese, Cheddar, Yellow, Sliced

Category: **Meat/Meat Alternate**



PRODUCT DESCRIPTION

This item is a Grade A or higher yellow cheddar cheese slices. Each slice weighs 0.75 oz. This product is delivered refrigerated in a 12-pound case.

CREDITING/YIELD

- One case yields 256 0.75-ounce slices of cheese.
- CN Crediting: 0.75 ounce cheese credits as 0.75 oz equivalent meat/meat alternate.

CULINARY TIPS AND RECIPES

- Cheddar cheese slices can be used on top of sandwiches, burgers, eggs, or other entrees to increase your Meat/Meat Alternate crediting.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](http://www.instituteofchildnutrition.org) or USDA's [Team Nutrition](http://www.teamnutrition.org).

FOOD SAFETY INFORMATION

- For more information on safe storage and cooking temperatures, and safe handling practices please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](http://www.fns.usda.gov/developing-a-school-food-safety-program-based-on-the-process-approach-to-haccp-principles).

NUTRITION FACTS

Serving size: 1 slice (21 g) cheddar cheese

Amount Per Serving

Calories 90**Total Fat** 7g

Saturated Fat 4g

Trans Fat 0g

Cholesterol 20mg**Sodium** 180mg**Total Carbohydrate** 1g

Dietary Fiber 0g

Sugars 0g

Protein 5g

Source: USDA Foods Vendor Labels

Allergen Information: Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, contact the product manufacturer.

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