

Recipe Prep Sheet

BLT Food and Nutrition LLC

990171 - Meatball Sub with Peach Jalapeno Sauce

Recipe HACCP Process: #2 Same Day Service

Source:

Number of Portions: 100

Portion Size: 1

Ingredient #	Ingredient Name	Measurements	Instructions
051477	Peaches, Diced, Extra Light Syrup, Canned	100 oz	No Instructions Assigned
031014	PACE,JALAPENOS NACHO SLICED PEPPERS	4 OZ	
002026	ONION POWDER	4 TSP	
900771	GARLIC,GRANULATED	4 tsp	
009160	LIME JUICE,RAW	4 tsp	
002048	VINEGAR,CIDER	1/4 CUP	
014411	WATER,TAP,DRINKING	1 cup (8 fl oz)	
020027	CORNSTARCH	1/4 CUP	
990360	Meatballs, Beef, JTM	260 oz	
051560	Cheese, Mozzarella, Low Moisture Part Skim, S	50 OZ	
990413	French Bread, Pillsbury 1.8 oz	100 roll	

*Nutrients are based upon 1 Portion Size (1)

Calories ¹	372.308 kcal	Total Fat	16.546 g	Total Dietary Fiber	3.293 g	Vitamin C	*1.516* mg	39.997% Calories from Total Fat
Saturated Fat ¹	7.032 g	Trans Fat ²	*0.600* g	Protein	21.067 g	Iron	*7.510* mg	16.998% Calories from Sat Fat
Sodium ¹	555.440 mg	Cholesterol	48.655 mg	Vitamin A	*75.594* IU	Water	*4.244* g	*1.450%* Calories from Trans Fat
Sugars	*6.481* g	Carbohydrate	36.168 g	Calcium	*48.410* mg	Ash	*N/A* g	38.858% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			22.634% Calories from Protein
Type of Fat	-							

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



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.



100021 - Cheese, Mozzarella, Shredded Category: **Meat/Meat Alternate**



Product Description

- This item is low moisture part skim shredded mozzarella cheese. This product is delivered frozen in a 30 pound case.

Crediting/Yield

- One case yields 480 1-ounce portions of shredded mozzarella cheese.
- CN Crediting: 1 ounce shredded mozzarella cheese credits as 1 oz equivalent meat/meat alternate.

Culinary Tips and Recipes

- Mozzarella cheese can be used as an ingredient with whole grain pasta dishes or as a topping for salad, eggs, or vegetables.
- 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](#).

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Nutrition Facts

Serving size: 1 ounce (28 g) mozzarella cheese, part skim, shredded

Amount Per Serving

Calories 90

Total Fat 7g

Saturated Fat 5g

Trans Fat 0g

Cholesterol 25mg

Sodium 170mg

Total Carbohydrate 1g

Dietary Fiber 0g

Sugars 1g

Protein 6g

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 directly.

Nutrient values in this section are from the USDA FoodData Central 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.