

Recipe Prep Sheet

BLT Food and Nutrition LLC

990175 - Peach Protein Power Green Salad

Recipe HACCP Process: #1 No Cook

Source:

Number of Portions: 100

Portion Size: 1

Ingredient #	Ingredient Name	Measurements	Instructions
051514	Ham, 97% Fat Free, Water-Added, Cooked, Froze	123 oz	No Instructions Assigned
051477	Peaches, Diced, Extra Light Syrup, Canned	392 oz	
020035	QUINOA,UNCKD	100 oz	
014411	WATER,TAP,DRINKING	40 cup (8 fl oz)	
002069	VINEGAR,BALSAMIC	13 CUP	
051477	Peaches, Diced, Extra Light Syrup, Canned	6 .5 CUP	
004582	VEGETABLE OIL,CANOLA	9 CUP	
799903	GARLIC,GRANULATED	2 TBSP	
002026	ONION POWDER	2 TBSP	
009152	LEMON JUICE,RAW	1/4 CUP	
011457	SPINACH,RAW	417 oz	
990489	Cheddar Cheese, yellow, Sliced USDA 111110	100 oz	

*Nutrients are based upon 1 Portion Size (1)

Calories ¹	556.152 kcal	Total Fat	33.846 g	Total Dietary Fiber	*5.563* g	Vitamin C	*34.647* mg	54.772% Calories from Total Fat
Saturated Fat ¹	8.185 g	Trans Fat ²	*0.080* g	Protein	19.468 g	Iron	*4.931* mg	13.246% Calories from Sat Fat
Sodium ¹	592.041 mg	Cholesterol	*45.460* mg	Vitamin A	*11371.842* IU	Water	*232.545* g	*0.129%* Calories from Trans Fat
Sugars	*18.759* g	Carbohydrate	45.013 g	Calcium	*142.913* mg	Ash	*N/A* g	32.375% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			14.002% 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



100003—Cheese, Cheddar, Yellow, Shredded

Category: **Meat/Meat Alternate**



PRODUCT DESCRIPTION

This item is a Grade A or higher yellow cheddar cheese. This product is shredded and contains six 5-pound bags of cheese per case.

CREDITING/YIELD

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

CULINARY TIPS AND RECIPES

- Cheddar cheese can be used as an ingredient in a variety of recipes such as casseroles, quesadillas or baked chicken dishes.
- Use shredded cheese as a topping for healthy dishes such as salad, baked potatoes, or burritos.
- Use reduced fat cheese to lower calories, fat, and saturated fat in menus.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](http://www.instituteforchildnutrition.org) or USDA's [Team Nutrition](http://www.teamnutrition.gov).

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).

NUTRITION FACTS

Serving size: 1 ounce (28 g), cheddar cheese, shredded

Amount Per Serving

Calories 110

Total Fat 9g

Saturated Fat 6g

Trans Fat 0g

Cholesterol 30mg

Sodium 190mg

Total Carbohydrate 0g

Dietary Fiber 0g

Sugars 0g

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, please contact the product manufacturer directly.

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USDA Foods Product Information Sheet

For Child Nutrition Programs



100184—Ham, 97% Fat Free, Cooked, Water-Added, Whole

Category: **Meat/Meat Alternate**



PRODUCT DESCRIPTION

This item is a 97% fat free, water-added cured ham. This is a fully-cooked item that is shipped frozen. This product is delivered in cases containing four 10-pound hams.

CREDITING/YIELD

- One case of ham provides about 525 1.22 ounce portions of ham.
- CN Crediting: 1.22 ounces of ham credit as 1 ounce equivalent meat/meat alternate.

CULINARY TIPS AND RECIPES

- Whole ham can be glazed and served as a main entrée or used as a protein component in dishes such as ham and potato soup, split pea soup, or egg dishes.
- Ham can also be used to add flavor to side dishes, such as collard greens or bean dishes.
- For more culinary techniques and recipe ideas visit [NFSMI](#) or [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](#).

NUTRITION FACTS

Serving size: 1.22 ounce (34 g)/1 MMA ham, reduced-sodium

Amount Per Serving

Calories 37

Total Fat 2g

Saturated Fat 1g

Trans Fat 0g

Cholesterol 18mg

Sodium 232mg

Total Carbohydrate 2g

Dietary Fiber 0g

Sugars 1g

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, please contact the product manufacturer.

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