

# Recipe Prep Sheet

DUNLAP CUSD #323



## 900291 - VEGETARIAN GRAIN BOWL - DHS

Recipe HACCP Process: #1 No Cook

Source:

Number of Portions: 1

Portion Size: BOWL

Ingredient #	Ingredient Description	Measurements
991062	RICE BROWN BULK WG	1 SERVING (1 CUP)
991001	BEANS, CANNED, BLACK (TURTLE), LOW SODIUM	1/2 CUP
991064	TOMATOES,CHERRY,PLUM+ITALIAN,RAW	1/4 CUP, chopped or sliced
990001	ONIONS,FRESH,RED	2 oz
050486	CORN, YELLOW, WHOLE KERNEL, COOKED FROM FROZE	1/4 CUP
009037	AVOCADOS,RAW,ALL COMM VAR	1/4 cup, pureed
902804	CHEESE FETA CRUMBLES,4-2.5# SALDA,GFS716685	1 oz
121603	SALSA VERDE	2 oz
001256	YOGURT,GREEK,PLN,NONFAT	4 oz

\*Nutrients are based upon 1 Portion Size (BOWL)

Calories <sup>1</sup>	580.289 kcal	Total Fat	17.250 g	Total Dietary Fiber	20.780 g	Vitamin C	*23.522* mg	26.754% Calories from Total Fat
Saturated Fat <sup>1</sup>	*5.064* g	Trans Fat <sup>2</sup>	*0.007* g	Protein	31.103 g	Iron	3.839 mg	*7.854%* Calories from Sat Fat
Sodium <sup>1</sup>	*561.476* mg	Cholesterol	*25.920* mg	Vitamin A	*801.392* IU	Water	*231.982* g	*0.011%* Calories from Trans Fat
Sugars	*4.054* g	Carbohydrate	83.215 g	Calcium	*349.898* mg	Ash	*N/A* g	57.361% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			21.440% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	2 oz eq	Grain	2 oz eq	Fruit	cup	Vegetable	1.5 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

<sup>1</sup> - denotes required nutrient values

<sup>2</sup> - 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.