

# Recipe Nutrition Report

Recipe Name: Chicken Pad Thai, USDA Fajita Chicken, Whole Wheat Noodle  
 Recipe Code: SMR2261  
 Allergens: Contains Egg, Fish, Gluten, Milk, Soy, Wheat  
 Number of Servings: 20.000      Serving Size: 1 portion  
 Moisture gain/loss%: 0.000      Fat gain/loss% : 0.000  
 Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)
CHICKEN STRIP FAJITA THIGH FC USDA	1,927.800	3175.2	158.76	45.36	0	1814.4	9525.6	45.36	0	0	0	385.56	20.412	226.8	(M)	(M)	0	5443.2	(M)
GARLIC FRESH CHOPPED WATER	29.982	44.674	0.15	0.027	0	0	5.097	9.912	0.63	0.3	0	1.907	0.51	54.268	2.698	9.355	0	120.23	17.564
EGG PATTY SCRAMBLED 1.5 OZ MICHAEL	680.400	1120	80	24	0	1840	2080	16	0	16	0	64	16	352	(M)	(M)	16	880	(M)
SAUCE CONV SOY LOW SOD	113.600	72.704	0	0	0	1.136	3987.36	8.293	0.909	0	0	9.883	2.158	36.466	0	0.568	1.136	371.472	84.178
SUGAR BULK BROWN LIGHT	110.000	418	0	0	0	0	30.8	107.91	0	106.7	106.7	0.132	0.781	91.3	0	0	0	146.3	1.474
FISH SAUCE	30.000	18.9	0.03	0.015	0.002	0.21	2472	1.437	0.03	1.164	1.164	3.267	0.45	6.3	(M)	(M)	0.03	87.6	18.57
HERB CILANTRO LEAVES FRSH	8.000	1.84	0.042	0.001	0	0	3.68	0.294	0.224	0.07	0	0.17	0.142	5.36	539.84	2.16	0	41.68	(M)
JUICE LIME CONC	123.000	31.98	0.861	0.123	0	0	34.44	7.134	0.492	2.214	0	0.492	0.123	20.91	(M)	(M)	0	151.29	(M)
SAUCE CHILI HOT SRIRACHA KIKKOMAN	17.719	21.085	0.089	0.035	0	0.071	517.387	4.695	0.443	4.128	(M)	0.372	0.159	3.402	478.406	0	0.027	41.107	11.216
Chicken Soup Broth, LS, from base	120.835	11.623	0.765	0.255	0	1.275	69.027	0.879	0	0.312	0.283	0.312	0.054	6.091	0(M)	0(M)	0	49.09	117.882 (M)
SUNBUTTER BULK CREAMY	253.600	1584.95	134.721	15.85	0	0	950.973	55.473	15.85	31.699	23.774	55.473	11.095	174.345	(M)	(M)	0	1648.35	(M)
GINGER ROOT FRESH	6.000	4.8	0.045	0.012	0	0	0.78	1.066	0.12	0.102	(M)	0.109	0.036	0.96	0	0.3	(M)	(M)	4.733
OIL OLIVE BLEND 80/20	14.000	120	14	1	0	0	0	0	0	0	0	0	0	0	(M)	(M)	0	0	(M)
Lime Wedges	83.750	25.13	0.17	0.02	0	0	1.68	8.83	2.35	1.42	(M)	0.59	0.5	27.64	41.88	24.37	(M)	(M)	73.92
PASTA DRY SPAGHETTI WHL WHEAT	893.025	2870.44	23.92	0	0	0	0	621.928	111.628	15.947	0	127.575	31.894	271.097	(M)	(M)	0	4369.44	(M)
Sub Total	4,411.711	9521.33	413.553	86.698	0.002	3657.09	19678.8	889.212	132.675	180.056	131.921 (M)	649.843	84.314	1276.94	1062.83 (M)	36.753 (M)	17.192 (M)	13349.8 (M)	329.537 (M)
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	4,411.711	9521.33	413.553	86.698	0.002	3657.09	19678.8	889.212	132.675	180.056	131.921 (M)	649.843	84.314	1276.94	1062.83 (M)	36.753 (M)	17.192 (M)	13349.8 (M)	329.537 (M)

# Recipe Nutrition Report

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)
Per 100g	100.000	215.819	9.374	1.965	0	82.895	446.059	20.156	3.007	4.081	2.99(M)	14.73	1.911	28.944	24.091 (M)	0.833 (M)	0.39(M)	302.598 (M)	7.47(M)
Per Serving	220.586	476.066	20.678	4.335	0	182.855	983.941	44.461	6.634	9.003	6.596 (M)	32.492	4.216	63.847	53.141 (M)	1.838 (M)	0.86(M)	667.488 (M)	16.477 (M)

(M) Indicates missing nutrient values.

# Recipe Nutrition Report

Recipe Name: Salad, Broccoli Slaw with Cranberries  
 Recipe Code: SMR2270  
 Allergens: Contains Egg

Number of Servings: 52.500      Serving Size: 1/2 Cup  
 Moisture gain/loss%: 0.000      Fat gain/loss% : 0.000  
 Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)
MAYONNAISE BULK LITE VENTURA	481.942	1440	144	32	0	160	3200	32	0	0	0	0	0	0	(M)	(M)	0	0	(M)
VINEGAR APPLE CIDER GAL	74.683	0.623	0	0	0	0	1.146	0.069	0	0	0	0.056	0.001	2.291	0	0	0	6.066	74.534
SUGAR BULK GRANULATED	62.500	241.875	0	0	0	0	0.625	62.488	0	62.375	62.375	0	0.031	0.625	0	0	(M)	(M)	(M)
BROCCOLI FLORETS RTU	2,267.962	771.107	8.391	0.885	0	0	748.427	150.593	58.967	38.555	0	63.957	16.556	1065.94	14129.4	2023.02	0	7166.76	(M)
CRANBERRIES DRIED SWEETENED	402.245	1560	0	0	0	0	0	396	36	348	(M)	0	0	0	0	0	(M)	(M)	(M)
Sub Total	3,289.332	4013.61	152.391	32.885	0	160	3950.2	641.149	94.967	448.93	62.375 (M)	64.013	16.589	1068.86	14129.4 (M)	2023.02 (M)	0(M)	7172.82 (M)	74.534 (M)
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	3,289.332	4013.61	152.391	32.885	0	160	3950.2	641.149	94.967	448.93	62.375 (M)	64.013	16.589	1068.86	14129.4 (M)	2023.02 (M)	0(M)	7172.82 (M)	74.534 (M)
Per 100g	100.000	122.019	4.633	1	0	4.864	120.091	19.492	2.887	13.648	1.896 (M)	1.946	0.504	32.495	429.552 (M)	61.503 (M)	0(M)	218.063 (M)	2.266 (M)
Per Serving	62.654	76.45	2.903	0.626	0	3.048	75.242	12.212	1.809	8.551	1.188 (M)	1.219	0.316	20.359	269.131 (M)	38.534 (M)	0(M)	136.625 (M)	1.42(M)

(M) Indicates missing nutrient values.

# Recipe Nutrition Report

Recipe Name: Broccoli Lime Salad with Sunflower Seeds  
 Recipe Code: SMR2271  
 Allergens: Processed in a facility that also processes Gluten, Milk, Peanuts, Sesame, Soy, Tree nuts, Wheat  
 Number of Servings: 9.000      Serving Size: 1/2 Cup  
 Moisture gain/loss%: 0.000      Fat gain/loss% : 0.000  
 Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moist (g)
Broccoli, fresh florets, trimmed, blanched	226.800	62.63	0.682	0.069	0	0	62.07	12.233	4.788	3.13	0	5.192	1.346	87.858	1147.6	164.31	0	582.514	42.555 (M)
Cilantro Lime Dressing RECIPE	30.561	164.124	18.744	1.344	0	0	199.696	0.916	0.08	0.2	0	0.104	0.034	3.738	22.558 (M)	0.312 (M)	0	18.17	0.422 (M)
Onion, red, 1/4-inch sliced, ready-to-serve (1/2c=1.9oz=1/2c other veg) , Recipe	28.110	11.244	0.028	0.012	0	0	1.124	2.626	0.478	1.192	0	0.31	0.06	6.466	0.562	2.08	0	41.04	25.048
SUNFLOWER SEEDS DRY ROASTED UNSALTED SHELLED	33.736	216.874	18.073	1.205	0	0	180.728	6.024	2.41	1.205	0	6.024	1.205	25.302	(M)	(M)	0	204.825	(M)
Sub Total	319.207	454.872	37.526	2.63	0	0	443.618	21.799	7.756	5.727	0	11.631	2.645	123.364	1170.72 (M)	166.702 (M)	0	846.549	68.025 (M)
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	319.207	454.872	37.526	2.63	0	0	443.618	21.799	7.756	5.727	0	11.631	2.645	123.364	1170.72 (M)	166.702 (M)	0	846.549	68.025 (M)
Per 100g	100.000	142.501	11.756	0.824	0	0	138.975	6.829	2.43	1.794	0	3.644	0.828	38.647	366.758 (M)	52.224 (M)	0	265.204	21.31 (M)
Per Serving	35.467	50.541	4.17	0.292	0	0	49.291	2.422	0.862	0.636	0	1.292	0.294	13.707	130.08 (M)	18.522 (M)	0	94.061	7.558 (M)

(M) Indicates missing nutrient values.