

Recipe Nutrition Report

Recipe Name: Curry Chicken USDA with Brown Rice - DCPS
 Recipe Code: SMR2088
 Number of Servings: 8.000 Serving Size: 1 portion
 Moisture gain/loss%: -5.960 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)	
CHICKEN DICED WHITE NATURAL CKD USDA	453.592	575.99	16	0	0	335.994	447.992	0	0	0	0	95.998	(M)	(M)	(M)	(M)	(M)	(M)	(M)	
OIL OLIVE BLEND 80/20	28.000	240	28	2	0	0	0	0	0	0	0	0	0	0	(M)	(M)	0	0	(M)	
Cilantro, finely chopped (1/2c=0.28 oz=1/4c dark green veg) , Recipe	1.995	0.456	0.012	0	0	0	0.918	0.072	0.054	0.018	0	0.042	0.036	1.338	134.634	0.54	0	10.392	(M)	
SPICE CURRY POWDER	12.600	44.861	1.777	0.305	0	0	7.812	7.327	3.559	0.255	0	1.671	3.528	66.402	(M)	(M)	0	171.36	(M)	
Rice, brown, oven, steamed (1/2c = 1 oz eq grain) , Recipe	678.751	937.52	8.272	0	0	0	16.184	198.536	11.032	0	0	22.056	5.512	16.184	0(M)	0(M)	0	595.48	419.016 (M)	
Sub Total	1,174.938	1798.83	54.06	2.305	0	335.994	472.906	205.935	14.646	0.273	0	119.767	9.076 (M)	83.924 (M)	134.634 (M)	0.54(M)	0(M)	777.232 (M)	419.016 (M)	
Fat/Waste/Moist Change	-70.026	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	-70.026 (M)
Total	1,104.912	1798.83	54.06	2.305	0	335.994	472.906	205.935	14.646	0.273	0	119.767	9.076 (M)	83.924 (M)	134.634 (M)	0.54(M)	0(M)	777.232 (M)	348.99 (M)	
Per 100g	100.000	162.803	4.893	0.209	0	30.409	42.8	18.638	1.325	0.025	0	10.84	0.821 (M)	7.596 (M)	12.185 (M)	0.049 (M)	0(M)	70.343 (M)	31.585 (M)	
Per Serving	138.114	224.853	6.758	0.288	0	41.999	59.113	25.742	1.831	0.034	0	14.971	1.135 (M)	10.49 (M)	16.829 (M)	0.067 (M)	0(M)	97.154 (M)	43.624 (M)	

(M) Indicates missing nutrient values.

Recipe Nutrition Report

Recipe Name: Asian Bean Salsa (1/2 c =3.5 oz= 1/4c legume+ 1/4c other veg)
 Recipe Code: SR2049
 Allergens: Contains Soy

Number of Servings: 7.000 Serving Size: 1/2 Cup
 Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
 Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calorie s (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)	Potassi um (mg)	Mois (g)
Beans, cannellini, white kidney, canned, drained, ready-to-serve (1/2c=3.3oz=1/2c legume or 2oz M/MA),Recipe	187.227	162.736	0	0	0	0	184.926	29.588	11.836	0.74	0	11.836	4.142	133.148	0(M)	0(M)	0	695.324	0(M)
Beans, Soy, frozen edamame, tempered, ready-to-serve	164.943	199.58	8.578	1.022	0.014	0	9.896	14.696	8.578	3.596	0	19.644	3.744	103.914	491.53	10.062	0	719.15	120.028
Cucumbers, unpared, 1/4-inch diced, ready-to-serve (1/2c = 2.8 oz = 1/2c other veg) , Recipe	80.822	12.123	0.089	0.03	0	0	1.616	2.934	0.404	1.35	0	0.525	0.226	12.932	84.863	2.263	0	118.808	76.967
Peppers, jalapeno, sliced, canned, drained, ready-to-serve	85.844	0	0	0	0	0	1395.34	0	0	0	0	0	0	0	(M)	(M)	0	0	(M)
VINEGAR RICE WINE SEASONED	59.600	39.573	0	0	0	0	39.573	7.915	0	7.915	3.957	0	0.396	0	0	0	0	0	(M)
SUGAR BULK GRANULATED	12.500	48.375	0	0	0	0	0.125	12.498	0	12.475	12.475	0	0.006	0.125	0	0	(M)	(M)	(M)
Cilantro, finely chopped (1/2c=0.28 oz=1/4c dark green veg) , Recipe	0.998	0.228	0.006	0	0	0	0.459	0.036	0.027	0.009	0	0.021	0.018	0.669	67.317	0.27	0	5.196	(M)
PEPPER JALAPENO SLICED PICKLED	0.000	0	0	0	0	0	0.004	0	0	0	0	0	0	0	(M)	(M)	0	0	(M)
PRE-CUT CARROT STICK 4"	61.000	25.01	0.146	0.023	0	0	42.09	5.844	1.708	2.891	0	0.567	0.183	20.13	10190.7	3.599	0	195.2	53.857
Sub Total	652.933	487.625	8.819	1.075	0.014	0	1674.03	73.51	22.553	28.976	16.432	32.593	8.715	270.918	10834.4 (M)	16.194 (M)	0(M)	1733.68 (M)	250.852 (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	652.933	487.625	8.819	1.075	0.014	0	1674.03	73.51	22.553	28.976	16.432	32.593	8.715	270.918	10834.4 (M)	16.194 (M)	0(M)	1733.68 (M)	250.852 (M)
Per 100g	100.000	74.682	1.351	0.165	0.002	0	256.386	11.258	3.454	4.438	2.517	4.992	1.335	41.492	1659.34 (M)	2.48(M)	0(M)	265.521 (M)	38.419 (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 Serving	93.276	69.661	1.26	0.154	0.002	0	239.147	10.501	3.222	4.139	2.347	4.656	1.245	38.703	1547.77 (M)	2.313 (M)	0 (M)	247.668 (M)	35.836 (M)

(M) Indicates missing nutrient values.

Recipe Nutrition Report

Recipe Name: Tofu & Black Bean Chili- DCPS Staff Submission
 Recipe Code: SMR2275
 Allergens: Contains Soy

Number of Servings: 6.000 Serving Size: 1 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)
Water	2,368.000	0	0	0	0	0	71.04	0	0	0	(M)	0	0	71.04	0	0	0	23.68	2365.63
PEPPER BELL GREEN FRSH	37.250	7.45	0.063	0.022	0	0	1.117	1.728	0.633	0.894	0	0.32	0.127	3.725	137.825	29.949	0	65.188	34.974
OIL OLIVE BLEND 80/20	42.000	360	42	3	0	0	0	0	0	0	0	0	0	0	(M)	(M)	0	0	(M)
Garlic, peeled, chopped, raw or ready-to-use	8.500	12.665	0.043	0.008	0	0	1.445	2.81	0.179	0.085	(M)	0.541	0.145	15.385	0.765	2.652	(M)	(M)	4.979
TOMATO CRUSHED NSA CANNED	780.000	294.567	4.009	0.211	0	0	208.315	54.811	14.563	38.314	0	13.33	5.585	118.794	(M)	(M)	3.136	3324.13	(M)
SPICE CHILI POWDER LIGHT	14.532	44.517	1.646	0.276	0.001	0.06	291.681	7.671	4.57	1.24	0	2.039	2.917	35.421	(M)	(M)	0	297.545	1.383
SPICE CUMIN GROUND	8.400	31.5	1.871	0.129	0	0	14.112	3.716	0.882	0.189	0	1.496	5.574	78.204	(M)	(M)	0	150.192	0.677
SPICE OREGANO GROUND	1.642	4.352	0.07	0.025	0	0	0.411	1.132	0.698	0.067	0	0.148	0.604	26.229	(M)	(M)	0	20.694	0.163
BLACK PEPPER GROUND	0.100	0.255	0.003	0.001	0	0	0.044	0.065	0.027	0.001	0	0.011	0.029	0.437	(M)	(M)	0	1.259	0.011
BEAN CANNED BLACK LOW SOD BUSH BROS	260.000	240	1	0	0	0	280	46	12	2	0	14	3.6	120	(M)	(M)	0	900	(M)
CORN CANNED NSA USDA	500.000	320	8	0	0	0	60	68	8	28	(M)	8	(M)	(M)	(M)	(M)	(M)	(M)	(M)
BEAN CANNED KIDNEY LOW SOD BUSH BROS	226.800	226.8	0	0	0	0	244.246	41.871	10.468	5.234	3.489	15.702	4.187	139.569	(M)	(M)	0	872.308	(M)
PEPPER RED FRSH	37.250	11.547	0.112	0.01	0	0	1.49	2.246	0.782	1.565	0	0.369	0.16	2.608	1166.3	47.568	0	78.597	34.348
Onion, yellow, 1/4-inch diced, ready-to-serve (1/2c=3oz=1/2c other veg) , Recipe	171.682	68.672	0.168	0.072	0	0	6.864	16.032	2.92	7.28	0	1.888	0.36	39.488	3.432	12.704	0	250.656	152.984
Basil, finely chopped , Recipe	2.610	0.6	0.018	0	0	0	0.102	0.072	0.042	0.012	(M)	0.084	0.084	4.62	137.664	0.468	(M)	(M)	2.4
SPICE ONION POWDER	9.923	33.836	0.103	0.022	0	0	7.243	7.851	1.508	0.658	0	1.033	0.387	38.102	(M)	(M)	0	97.737	0.535
BEAN CANNED PINTO LOW SOD BUSH BROS	242.065	204.825	0	0	0	0	260.686	35.379	9.31	0.931	0	13.034	2.979	111.722	(M)	(M)	0	800.678	(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)
TOFU FIRM	453.600	653.184	39.554	5.72	0	0	63.504	12.61	10.433	0	0	78.337	12.066	3098.09	752.976	0.907	0	1075.03	(M)
Diced Tomatoes, ready-to-serve	590.864	106.344	1.176	0.168	0	0	29.544	22.992	7.08	15.528	0	5.208	1.584	59.088	4921.9	80.952	0	1400.35	558.48
Sub Total	5,755.218	2621.11	99.837	9.663	0.001	0.06	1541.84	324.985	84.094	101.996	3.489 (M)	155.539	40.388 (M)	3962.52 (M)	7120.86 (M)	175.2 (M)	3.136 (M)	9358.05 (M)	3156.57 (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	5,755.218	2621.11	99.837	9.663	0.001	0.06	1541.84	324.985	84.094	101.996	3.489 (M)	155.539	40.388 (M)	3962.52 (M)	7120.86 (M)	175.2 (M)	3.136 (M)	9358.05 (M)	3156.57 (M)
Per 100g	100.000	45.543	1.735	0.168	0	0.001	26.79	5.647	1.461	1.772	0.061 (M)	2.703	0.702 (M)	68.851 (M)	123.729 (M)	3.044 (M)	0.054 (M)	162.601 (M)	54.847 (M)
Per Serving	959.203	436.852	16.639	1.61	0	0.01	256.974	54.164	14.016	16.999	0.582 (M)	25.923	6.731 (M)	660.42 (M)	1186.81 (M)	29.2(M)	0.523 (M)	1559.68 (M)	526.094 (M)

(M) Indicates missing nutrient values.

Recipe Nutrition Report

Recipe Name: French Carrot Salad - FP
 Recipe Code: SMR2276
 Number of Servings: 4.000 Serving Size: 1/2 Cup
 Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
 Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calorie s (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)	Potassi um (mg)	Mois (g)
PRE-CUT CARROT MATCHSTICK	186.000	76.26	0.446	0.069	0	0	128.34	17.819	5.208	8.816	0	1.73	0.558	61.38	31073.2	10.974	0	595.2	164.219
SPICE GARLIC POWDER	1.046	3.461	0.008	0.003	0	0	0.627	0.76	0.094	0.025	0	0.173	0.059	0.826	(M)	(M)	0	12.474	0.067
VINEGAR BALSAMIC BULK	32.000	40	0	0	0	0	0	10	0	8	2	0	0.4	0	(M)	(M)	0	40	(M)
OIL OLIVE BLEND 80/20	26.932	230.846	26.932	1.924	0	0	0	0	0	0	0	0	0	0	(M)	(M)	0	0	(M)
MUSTARD YELLOW BULK	11.198	0	0	0	0	0	123.179	0	0	0	(M)	0	0	0	0	0	(M)	(M)	(M)
SPICE BASIL LEAF DRIED	1.712	3.99	0.07	0.037	0	0	1.301	0.818	0.646	0.029	0	0.393	1.538	38.356	(M)	(M)	0	45.034	0.177
BLACK PEPPER TABLE GROUND	0.698	1.781	0.023	0.007	0	0	0.307	0.453	0.185	0.004	0	0.076	0.202	3.052	(M)	(M)	0	8.792	0.073
SALT KOSHER	1.200	0	0	0	0	0	465.055	0	0	0	0	0	0.004	0.288	0	0	0	0.096	0.002
Sub Total	260.786	356.337	27.479	2.039	0	0	718.809	29.849	6.133	16.876	2(M)	2.373	2.76	103.902	31073.2 (M)	10.974 (M)	0(M)	701.596 (M)	164.54 (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	260.786	356.337	27.479	2.039	0	0	718.809	29.849	6.133	16.876	2(M)	2.373	2.76	103.902	31073.2 (M)	10.974 (M)	0(M)	701.596 (M)	164.54 (M)
Per 100g	100.000	136.64	10.537	0.782	0	0	275.632	11.446	2.352	6.471	0.767 (M)	0.91	1.058	39.842	11915.2 (M)	4.208 (M)	0(M)	269.031 (M)	63.094 (M)
Per Serving	65.197	89.084	6.87	0.51	0	0	179.702	7.462	1.533	4.219	0.5(M)	0.593	0.69	25.975	7768.29 (M)	2.744 (M)	0(M)	175.399 (M)	41.135 (M)

(M) Indicates missing nutrient values.

Recipe Nutrition Report

Recipe Name: Bowl, Falafel & Brown Rice
 Recipe Code: SMR2034
 Allergens: Contains Milk

Number of Servings: 1.000 Serving Size: 1 bowl
 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)
Rice, brown, oven, steamed (1/2c = 1 oz eq grain) , Recipe	169.688	234.38	2.068	0	0	0	4.046	49.634	2.758	0	0	5.514	1.378	4.046	0(M)	0(M)	0	148.87	104.754 (M)
Falafel Fritters	85.175	130.074	2.001	0	0	0	420.24	23.013	6.003	4.002	0	7.004	3.002	51.029	0(M)	0(M)	0	59.034	(M)
Diced Tomatoes, ready-to-serve	24.619	4.431	0.049	0.007	0	0	1.231	0.958	0.295	0.647	0	0.217	0.066	2.462	205.078	3.373	0	58.348	23.27
Cheese, shredded, mozzarella, part-skim, USDA (2 Tbsp = 0.5 oz = 0.5 oz M/MA)	14.175	40.5	2.531	1.519	0	7.594	81	1.012	0.506	0	0	3.544	0	96.188	0(M)	0(M)	0	0	(M)
Sub Total	293.657	409.385	6.649	1.526	0	7.594	506.517	74.617	9.562	4.649	0	16.279	4.445	153.724	205.078 (M)	3.373 (M)	0	266.252	128.024 (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	293.657	409.385	6.649	1.526	0	7.594	506.517	74.617	9.562	4.649	0	16.279	4.445	153.724	205.078 (M)	3.373 (M)	0	266.252	128.024 (M)
Per 100g	100.000	139.409	2.264	0.52	0	2.586	172.486	25.41	3.256	1.583	0	5.543	1.514	52.348	69.836 (M)	1.149 (M)	0	90.668	43.596 (M)
Per Serving	293.657	409.385	6.649	1.526	0	7.594	506.517	74.617	9.562	4.649	0	16.279	4.445	153.724	205.078 (M)	3.373 (M)	0	266.252	128.024 (M)

(M) Indicates missing nutrient values.

Recipe Nutrition Report

Recipe Name: Chickpeas and Zucchini, Stewed, USDA Garbanzo Beans, USDA Diced Tomatoes, USDA Tomato Paste
 Recipe Code: SR3956
 Allergens: Contains Sesame, Soy
 Number of Servings: 30.000 Serving Size: 5 Ounce
 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)
OIL SALAD PURE VEGETABLE VENTURA	28.350	240	28	4	0	0	0	0	0	0	(M)	0	(M)	(M)	(M)	(M)	(M)	(M)	(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
Onion, yellow, 1/4-inch diced, ready-to-serve (1/2c=3oz=1/2c other veg) , Recipe	737.088	294.831	0.721	0.309	0	0	29.469	68.831	12.537	31.255	0	8.106	1.546	169.535	14.735	54.542	0	1076.15	656.81
Squash, summer, zucchini, 3/4-inch cubes, ready-to-serve (1/2c=2.4 oz=1/2c other veg)	2,721.554	462.675	8.715	2.159	0	0	217.706	84.628	27.223	(M)	(M)	32.94	10.074	435.452	5443.09	487.14	(M)	(M)	(M)
TOMATO DICED LS USDA	605.000	116.346	0	0	0	0	93.077	23.269	4.654	13.962	(M)	4.654	(M)	(M)	(M)	(M)	(M)	(M)	(M)
TOMATO PASTE CANNED NSA USDA	1,700.971	1603.77	0	0	0	0	971.984	291.595	48.599	194.397	(M)	48.599	(M)	(M)	(M)	(M)	(M)	(M)	(M)
BLACK PEPPER GROUND	1.397	3.562	0.046	0.014	0	0	0.615	0.905	0.37	0.009	0	0.153	0.403	6.104	(M)	(M)	0	17.584	0.147
SPICE ROSEMARY GROUND	0.945	3.128	0.144	0.07	0.024	0	0.472	0.605	0.403	0	0	0.046	0.276	12.096	(M)	(M)	0	9.025	0.088
SPICE OREGANO GROUND	0.821	2.176	0.035	0.013	0	0	0.205	0.566	0.349	0.034	0	0.074	0.302	13.114	(M)	(M)	0	10.347	0.082
Parsley, fresh, finely chopped (1/2c=0.24 oz=1/4c dark green veg) , Recipe	1.668	0.6	0.016	0.004	0	0	0.936	0.104	0.056	0.016	0(M)	0.052	0.104	2.3	140.436	2.22	0	9.24	1.464
Basil, finely chopped , Recipe	1.740	0.4	0.012	0	0	0	0.068	0.048	0.028	0.008	(M)	0.056	0.056	3.08	91.776	0.312	(M)	(M)	1.6
Beans, garbanzo, USDA, canned, drained, ready-to-serve (1/2c=3.1oz=1/2c legume or 2oz M/MA), Recipe	604.790	529.191	10.078	0	0	0	705.588	85.681	25.199	15.121	0(M)	25.199	0(M)	0(M)	(M)	(M)	0(M)	0(M)	(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)
SALT KOSHER	9.599	0	0	0	0	0	3720.43	0	0	0	0	0	0.032	2.304	0	0	0	0.768	0.019
Sub Total	6,443.905	3301.36	47.916	6.595	0.024	0	5745.65	566.144	120.047	255.101 (M)	0(M)	121.785	13.302 (M)	698.253 (M)	5692.74 (M)	553.569 (M)	0(M)	1243.34 (M)	677.773 (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	6,443.905	3301.36	47.916	6.595	0.024	0	5745.65	566.144	120.047	255.101 (M)	0(M)	121.785	13.302 (M)	698.253 (M)	5692.74 (M)	553.569 (M)	0(M)	1243.34 (M)	677.773 (M)
Per 100g	100.000	51.232	0.744	0.102	0	0	89.164	8.786	1.863	3.959 (M)	0(M)	1.89	0.206 (M)	10.836 (M)	88.343 (M)	8.591 (M)	0(M)	19.295 (M)	10.518 (M)
Per Serving	214.797	110.045	1.597	0.22	0.001	0	191.522	18.871	4.002	8.503 (M)	0(M)	4.059	0.443 (M)	23.275 (M)	189.758 (M)	18.452 (M)	0(M)	41.445 (M)	22.592 (M)

(M) Indicates missing nutrient values.

Recipe Nutrition Report

Recipe Name: Stew, Green Chile Turkey & Corn, USDA Frozen Corn, Zucchini
 Recipe Code: SMR2074
 Number of Servings: 48.000 Serving Size: 3/4 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)
Vegetable Soup Broth, from base	2,416.699	136.08	1.98	0.28	0.01	0	1766.1	27.22	1.13	9.07	7.37	3.4	0.28	116.16	0(M)	0(M)	0	1520.45	2357.64 (M)
SPICE GARLIC POWDER	12.547	41.532	0.092	0.031	0	0	7.528	9.126	1.129	0.305	0	2.077	0.709	9.913	(M)	(M)	0	149.692	0.809
SPICE CUMIN GROUND	12.083	45.31	2.691	0.185	0	0	20.299	5.345	1.269	0.272	0	2.152	8.018	112.489	(M)	(M)	0	216.036	0.974
SPICE CHILE POWDER ANCHO	13.965	39.242	1.145	0.115	0	0	6.005	7.181	3.016	0	0	1.656	1.526	8.519	(M)	(M)	0	336.695	3.16
BLACK PEPPER GROUND	16.760	42.739	0.546	0.164	0	0	7.374	10.862	4.441	0.107	0	1.835	4.837	73.242	(M)	(M)	0	211.011	1.761
Onion, yellow, 1/4-inch diced, ready-to-serve (1/2c=3oz=1/2c other veg) , Recipe	453.592	181.435	0.444	0.19	0	0	18.135	42.357	7.715	19.234	0	4.988	0.951	104.329	9.068	33.565	0	662.245	404.191
PEPPER CHILE GREEN DICED CANNED	1,360.777	234.617	0	0	(M)	0	3519.25	46.923	0	0	0	0	0	0	(M)	(M)	0	(M)	(M)
GARLIC FRESH CHOPPED WATER	85.050	126.724	0.425	0.076	0	0	14.459	28.118	1.786	0.851	0	5.409	1.446	153.94	7.654	26.536	0	341.05	49.822
CORN CUT FRZN	2,267.962	1853.09	27.658	0	0	0	27.658	442.529	55.316	82.974	(M)	55.316	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Squash, summer, zucchini, 3/4-inch cubes, ready-to-serve (1/2c=2.4 oz=1/2c other veg)	1,360.777	231.338	4.357	1.079	0	0	108.853	42.314	13.612	(M)	(M)	16.47	5.037	217.726	2721.55	243.57	(M)	(M)	(M)
Pulled Turkey, thigh (3/8c = 3.22 oz = 2 oz M/MA) , Recipe	4,309.128	6542.75	280.387	93.478	0	3738.7	22432.3	93.478	0	0	0	841.208	33.628	0	(M)	(M)	0	8412.13	0(M)
Sub Total	12,309.340	9474.86	319.725	95.599	0.01(M)	3738.7	27927.9	755.453	89.414	112.813 (M)	7.37(M)	934.511	56.432 (M)	796.318 (M)	2738.27 (M)	303.67 (M)	0(M)	11849.3 (M)	2818.36 (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	12,309.340	9474.86	319.725	95.599	0.01(M)	3738.7	27927.9	755.453	89.414	112.813 (M)	7.37(M)	934.511	56.432 (M)	796.318 (M)	2738.27 (M)	303.67 (M)	0(M)	11849.3 (M)	2818.36 (M)
Per 100g	100.000	76.973	2.597	0.777	0(M)	30.373	226.884	6.137	0.726	0.916 (M)	0.06(M)	7.592	0.458 (M)	6.469 (M)	22.245 (M)	2.467 (M)	0(M)	96.263 (M)	22.896 (M)
Per Serving	256.445	197.393	6.661	1.992	0(M)	77.89	581.832	15.739	1.863	2.35(M)	0.154 (M)	19.469	1.176 (M)	16.59 (M)	57.047 (M)	6.326 (M)	0(M)	246.861 (M)	58.716 (M)