

# LunchByte Systems, Inc. 800-724-9853

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Recipe Sizing Report

Jul 30, 2013

000016 - Tuscan Smoked Turkey soup :	Attributes
HACCP Process: No HACCP Process Number of Portions: 50 Size of Portion: 1.5 cup	

Ingredients	Measures	Instructions
011282 ONIONS,RAW..... 011143 CELERY,RAW..... 011124 CARROTS,RAW..... 011233 KALE,RAW..... 050544 TOMATO PASTE, LOW-SODIUM, CANNED..... 011215 GARLIC,RAW.....	1 qt + 5/8 CUP (chopped) 3 3/4 CUPS (chopped) 3 3/4 CUPS (chopped) 1 gal + 2 3/4 CUPS (chopped) 1 1/2 cups 3/4 cup	Place onions, celery, carrots, kale, tomato paste, and garlic in a large stockpot. Sweat vegetable mixture over medium-high heat. Stir frequently. Cook until vegetables are softened and onions are translucent.
000084 CHICKEN STOCK..... 050550 BEANS, CANNED, GREAT NORTHERN, LOW-SODIU... 002030 PEPPER,BLACK.....	3 gals 1 1/4 gals + 2 1/2 cups 1/2 TBSP (ground)	Add stock, beans, salt, and pepper
002044 BASIL,FRESH.....	1/3 cup + 2 TSP (chopped)	Reduce temperature to low heat. Cover and simmer for 20 minutes. Stir occasionally.
902433 TURKEY BREAST MEAT, smoked..... 011297 PARSLEY,RAW..... 002049 THYME,FRSH.....	4 lbs + 2 ozs 1/3 cup + 2 TSP (chopped) 1/3 cup + 2 tsp	Add turkey, parsley, thyme, and basil. Stir well. Simmer a minimum of 10 minutes. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
		Critical Control Point: Hold for hot service at 135 °F or higher. Portion with 8 fl oz ladle (1 cup).

\*Nutrients are based upon 1 Portion Size (1.5 cup)

Calories	217 kcal	Cholesterol	17 mg	Protein	17.54 g	Calcium	117.76 mg	6.63%	Calories from Total Fat
Total Fat	1.60 g	Sodium	1887 mg	Vitamin A	525.5 RE	Iron	3.25 mg	1.30%	Calories from Saturated Fat
Saturated Fat	0.31 g	Carbohydrates	34.98 g	Vitamin A	5709.8 IU	Water <sup>1</sup>	*80.09* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	7.54 g	Vitamin C	39.2 mg	Ash <sup>1</sup>	*1.76* g	64.41%	Calories from Carbohydrates
								32.29%	Calories from Protein

\*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 optional nutrient values

**NOTICE:** The data contained within this report and the NUTRIKIDS® 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.