

LunchByte Systems, Inc. 800-724-9853

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Recipe Sizing Report

Jul 31, 2013

000017 - Oodles of Noodles :	Attributes
HACCP Process: #2 Same Day Service Number of Portions: 100 Size of Portion: 1 cup	

Ingredients	Measures	Instructions
902434 Whole Wheat Penne.....	11 lbs + 8 ozs	In a large pot, bring water to a boil. Gradually stir in pasta and return to a boil. Cook uncovered for about 8-10 minutes until tender. Do not overcook. Drain well.
902429 Olive Oil.....	1 1/2 cups + 1 Tbsp	Cut tomatoes in half.
011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE....	2 3/4 gals + 1 3/4 CUPS (cherry toms)	Heat olive oil in a large skillet over medium heat. Add half of tomatoes and cook 2-3 minutes until skins soften.
902435 Basil, Dried.....	1/2 cup + 1 TSP (leaves)	Do not overcook. Reserve remaining tomatoes for step D.
002030 PEPPER,BLACK.....	1 Tbsp + 1 1/8 TSP (ground)	Add basil, salt, pepper, and garlic. Stir.
011215 GARLIC,RAW.....	1 cup + 1/2 Tbsp	
050401 FLOUR, WHOLE WHEAT.....	3 1/8 cups	Sprinkle flour over tomatoes. Cook for 30 seconds over medium heat until mixture becomes thick. Add vegetable broth. Bring to a boil and then immediately reduce to low heat.
902436 vegetable broth.....	2 1/4 gals + 2 3/4 cups	
011457 SPINACH,RAW.....	4 gals + 2 3/4 cups	Add spinach and remaining tomatoes. Simmer uncovered over low heat for 1-2 minutes or until spinach is wilted. Pour over pasta. Serve hot.

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

Calories	245 kcal	Cholesterol	0 mg	Protein	8.31 g	Calcium	53.40 mg	20.42%	Calories from Total Fat
Total Fat	5.55 g	Sodium	385 mg	Vitamin A	217.4 RE	Iron	3.54 mg	1.92%	Calories from Saturated Fat
Saturated Fat	0.52 g	Carbohydrates	45.08 g	Vitamin A	2656.7 IU	Water ¹	*83.69* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	6.52 g	Vitamin C	*15.5* mg	Ash ¹	*0.73* g	73.69%	Calories from Carbohydrates
								13.58%	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

¹ - 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.