

Alliance K-12 Nutrition Innovations

Recipe Prep Sheet

990182 - Jambalaya

Recipe HACCP Process:
Source: Workshop Jan'18
Number of Portions: 36
Portion Size: cup



Ingredient #	Ingredient Name	Measurements	Instructions
			Defrost chicken strips and hotdogs overnight on bottom shelf of refrigerator.
990452	OIL Blend Canola/Olive	1/2 cup	Preheat oven to 350o F. In 4 in deep hotel pan add oil,hot dogs,bell peppers,onion,serrano chilies,and garlic. Roast in oven for 15 minutes,uncovered.
990443	Hotdog Sysco Brand 6/1lb	20 link 2.67 oz	
011333	PEPPERS,SWEET,GREEN,RAW	1 medium (2-3/4" x 2-1/2")	
011821	PEPPERS,SWEET,RED,RAW	1 medium (2-3/4" x 2-1/2")	
011977	PEPPERS,SERRANO,RAW	6 pepper	
799939	GARLIC,RAW	10 clove	
011282	ONIONS,RAW	1 large	
990386	CHICKEN, Unseasoned Strips, Cooked, Frozen USDA	4 LB	Remove pan from oven. Stir in green beans and chicken. Return to oven for 15 minutes,until temp exceeds 140 oF.
990448	Beans, Green Low Sodium Del Monte	1 #10 can 12 cups/can	
990445	SAUCE Spaghetti Low Sodium USDA	1 #10 can	Remove pan and add rice,spaghetti sauce,and hot sauce. Mix well. Place back into oven for 12 minutes until temp exceeds 140 oF.
990444	SAUCE Hot Franks Original	1/2 cup	
R-990181	RICE, Spanish	10 (1 cup)	
			For Serving Place 2 #8 scoops into pagoda box; serve with whole wheat 1oz roll

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 required nutrient values

² - 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.

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*Nutrients are based upon 1 Portion Size (cup)

Calories ¹	312.401 kcal	Total Fat	21.855 g	Total Dietary Fiber	1.664 g	Vitamin C	13.164 mg	62.962% Calories from Total Fat
Saturated Fat ¹	8.714 g	Trans Fat ²	*0.556* g	Protein	14.957 g	Iron	1.036 mg	25.103% Calories from Sat Fat
Sodium ¹	847.689 mg	Cholesterol	58.117 mg	Vitamin A	432.760 IU	Water	*58.824* g	*1.601%* Calories from Trans Fat
Sugars	*4.780* g	Carbohydrate	18.702 g	Calcium	20.243 mg	Ash	*0.267* g	23.946% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			19.151% Calories from Protein
Type of Fat	-							

Components

Meat/Meat ALT	2.25 oz eq	Grain	.5 oz eq	Fruit	cup	Vegetable	.5 cup	Milk	cup
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Allergens

NB8									
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