

# Provo School District

## Recipe Sizing Report

001458 - CHICKEN, ROSEMARY : PSD	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 100 Size of Portion: EACH Alternate Recipe Name: Regis' Rosemary Chicken				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
903264 CHICKEN, GRILLED BREAST 2 OZ. TYSON... 902335 ROSEMARY, FRESH..... 002030 PEPPER,BLACK..... 902316 OLIVE OIL.....	100 EACH 1/4 cup + 1/2 tsp 1/4 cup + 1/2 tsp 12 1/2 ozs	1. Place thawed chicken breast on bun pan. 2. Drizzle olive oil and sprinkle on the rosemary and pepper. 3. Cook in convection oven at 350°F until internal temperature is 165°F for 15 seconds.  <b>CCP: ~CCP Cook to an Internal Temperature of 165°F for 15 seconds</b> <b>CCP: ~CCP Hot holding product temperature at or above 135°F</b>
011260 MUSHROOMS,RAW..... 902316 OLIVE OIL.....	12 lbs + 8 OZS (sliced) 12 1/2 ozs	1. Saute sliced mushrooms with the remaining olive oil in oven or tilt skillet until tender. 2. Place mushrooms on top of chicken.
902334 SAUCE, BEURRE BLANC SAUCE..... 011297 PARSLEY,RAW.....	6 lbs + 4 ozs 1/4 cup + 1/2 TSP (chopped)	1. Thaw sauce in walk in. 2. Heat Beurre Blanc sauce in boiling water by placing pouch in the boiling water. 3. Heat sauce to 165°F, approximately 10-15 minutes. 4. Ladle 1 oz. of sauce on top of mushrooms that are on top of chicken. 5. Garnish with chopped fresh parsley and serve. <b>CCP: ~CCP Cook to an Internal Temperature of 165°F for 15 seconds</b> <b>CCP: ~CCP Hot holding product temperature at or above 135°F</b>

\*Nutrients are based upon 1 Portion Size (EACH)

Calories	259 kcal	Cholesterol	60 mg	Protein	18.28 g	Calcium	14.76 mg	66.82%	Calories from Total Fat
Total Fat	19.20 g	Sodium	160 mg	Vitamin A	76.7 RE	Iron	1.08 mg	22.73%	Calories from Saturated Fat
Saturated Fat	6.53 g	Carbohydrates	5.61 g	Vitamin A	393.8 IU	Water <sup>1</sup>	*52.59* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	0.68 g	Vitamin C	2.7 mg	Ash <sup>1</sup>	*0.50* g	8.68%	Calories from Carbohydrates
								28.28%	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.**