

Cooking for Kids

Recipe Sizing Report

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000151 - Italian Sandwich :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #1 No Cook Number of Portions: 50 Size of Portion: 1 Each	Meat/Alt: 2 oz Grains: 2 oz Fruit: Vegetable: Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
902963 Bread, Whole Grain Hoagie 2 oz.....	50 Each	1. Lay out hoagie buns open faced on a sheet tray.
051558 Cheese, Mozzarella, Lite, Shredded..... 007046 TURKEY BREAST,LO SALT,PREPACKAGED OR DEL.... 051516 Ham, 97% Fat Free, Water-Added, Cooked,.....	3 lbs + 2 ozs 3 lbs + 9 1/8 ozs 3 lbs + 9 1/8 ozs	2. Put 1 oz of cheese, 2 slices of turkey, and 2 slices of ham on each hoagie. 3. Place in 350° F oven for 7 minutes to heat and melt cheese. Hold hot for service.

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

Calories	221 kcal	Cholesterol	*41* mg	Sugars	4.1 g	Calcium	*42.61* mg	25.17%	Calories from Total Fat
Total Fat	6.17 g	Sodium	833 mg	Protein	21.87 g	Iron	*1.45* mg	*12.30%*	Calories from Saturated Fat
Saturated Fat	*3.02* g	Carbohydrates	22.05 g	Vitamin A	*110.7* IU	Water ¹	*23.16* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	2.16 g	Vitamin C	*1.9* mg	Ash ¹	*0.93* g	39.95%	Calories from Carbohydrates
								39.62%	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

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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.