

# **Cookbook for Key High School**

**Created by HPS Menu Planner**

# Table of Contents

**29002 Salisbury Steak**

**Chicken Breast Sandwich USDA**

**Broccoli salad USDA**

**Pork Roast with Rice Pilaf USDA**

**BBQ Chicken Salad USDA**

**Daily Salad USDA**

**Peanut Butter and Jelly Sandwich USDA**

**Cheese Sandwich USDA**

**Vegetable Sticks USDA**

**Pepperoni and Pineapple Pizza USDA**

**29003 Spaghetti and Meat Sauce**

**29001 Salisbury Steak**

# 29002 Salisbury Steak



<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 steak	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-52779
<b>School:</b>	Key High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey, ground, 85% lean, 15% fat, pan-broiled crumbles	27 Ounce		5669
Cereals, oats, regular and quick, not fortified, dry	7 Ounce		8120
Soup, beef broth, less/reduced sodium, ready to serve	1/2 Cup		6188
Milk, dry, nonfat, regular, with added vitamin A and vitamin D	1 1/2 Ounce		1154
Onions, cooked, boiled, drained, without salt	4 2/3 Ounce		11283
Spices, parsley, dried	1/8 Cup		2029
Spices, pepper, black	1 1/4 tsp, ground		2030
Salt, table	2 1/2 Teaspoon		2047
Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	19 Ounce		23570
Egg, white, raw, fresh	1/2 Cup		1124
Soup, chicken broth, low sodium, canned	4 Tablespoon		6970
Wheat flour, whole-grain (Includes foods for USDA's Food Distribution Program)	2 1/2 Ounce		20080
Margarine-like spread, SMART BEAT Smart Squeeze	2 Ounce		4676
Mushrooms, white, cooked, boiled, drained, without salt	2 Ounce		11261

Description	Measurement	Prep Instructions	DistPart#
Spices, onion powder	1 Teaspoon		2026
Mustard, prepared, yellow	1 Tablespoon		2046
Tomato products, canned, puree, without salt added	4 Ounce		11547

## Preparation Instructions

Prepare gravy.  
Combine all remaining ingredients and  
bake at 350 F for 25-30 minutes.

### Meal Components (SLE)

Amount Per Serving	
Meat	2.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

### Nutrition Facts

Servings Per Recipe: 25.00			
Serving Size: 1.00 steak			
Amount Per Serving			
Calories		193.97	
Fat		9.59g	
Saturated Fat		2.85g	
Trans Fat		0.20g**	
Cholesterol		51.94mg	
Sodium		336.29mg	
Carbohydrates		10.30g	
Fiber		1.42g	
Sugar		1.64g	
Added Sugar		0.00g**	
Protein		16.84g	
Vitamin A	228.90mcg	Vitamin C	1.06mg**
Calcium	51.62mg**	Iron	1.96mg**

\*\*One or more nutritional components are missing from at least one item on this recipe.

### Nutrition - Per 100g

No 100g Conversion Available

# Chicken Breast Sandwich USDA



Servings:	150.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52807
School:	Key High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	300 Ounce		5747
Rolls, dinner, whole-wheat	150 roll (hamburger, frankfurter roll)		18348

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Sandwich

Amount Per Serving			
<b>Calories</b>		184.33	
<b>Fat</b>		3.55g	
<b>Saturated Fat</b>		0.87g	
<b>Trans Fat</b>		0.01g**	
<b>Cholesterol</b>		58.93mg	
<b>Sodium</b>		222.90mg	
<b>Carbohydrates</b>		18.98g	
<b>Fiber</b>		2.78g	
<b>Sugar</b>		3.14g	
<b>Added Sugar</b>		0.00g**	
<b>Protein</b>		20.54g	
<b>Vitamin A</b>	18.13mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	42.19mg	<b>Iron</b>	1.16mg

\*\*One or more nutritional components are missing from at least one item on this recipe.

## Nutrition - Per 100g

No 100g Conversion Available

# Broccoli salad USDA



Servings:	150.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-52809
School:	Key High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, raw	150 cup, chopped or diced		11090
Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free	12 Tablespoon		42158

## Preparation Instructions

Combine chopped Broccoli with creamy dressing and mix well

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	1.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Cup

Amount Per Serving			
<b>Calories</b>		42.00	
<b>Fat</b>		2.40g	
<b>Saturated Fat</b>		0.41g	
<b>Trans Fat</b>		0.00g**	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		279.93mg	
<b>Carbohydrates</b>		4.87g	
<b>Fiber</b>		0.00g	
<b>Sugar</b>		1.00g	
<b>Added Sugar</b>		0.00g	
<b>Protein</b>		0.33g	
<b>Vitamin A</b>	20.10mcg	<b>Vitamin C</b>	0.89mg
<b>Calcium</b>	11.27mg	<b>Iron</b>	0.09mg

\*\*One or more nutritional components are missing from at least one item on this recipe.

## Nutrition - Per 100g

No 100g Conversion Available



# Pork Roast with Rice Pilaf USDA



Servings:	150.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52833
School:	Key High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HORMEL ALWAYS TENDER, Boneless Pork Loin, Fresh Pork	300 Ounce		10856
Brown Rice Pilaf USDA Recipe for Schools	75 Cup		51580

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.250
<b>RedVeg</b>	0.250
<b>OtherVeg</b>	0.250
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 2.00 Ounce

Amount Per Serving			
<b>Calories</b>		230.73	
<b>Fat</b>		5.68g	
<b>Saturated Fat</b>		2.23g	
<b>Trans Fat</b>		0.00g**	
<b>Cholesterol</b>		29.71mg	
<b>Sodium</b>		387.02mg	
<b>Carbohydrates</b>		29.84g	
<b>Fiber</b>		2.75g**	
<b>Sugar</b>		5.80g	
<b>Added Sugar</b>		0.00g**	
<b>Protein</b>		15.06g	
<b>Vitamin A</b>	1019.02mcg	<b>Vitamin C</b>	9.14mg
<b>Calcium</b>	45.78mg	<b>Iron</b>	1.32mg

\*\*One or more nutritional components are missing from at least one item on this recipe.

## Nutrition - Per 100g

<b>Calories</b>		406.94	
<b>Fat</b>		10.02g	
<b>Saturated Fat</b>		3.93g	
<b>Trans Fat</b>		0.00g**	
<b>Cholesterol</b>		52.40mg	
<b>Sodium</b>		682.59mg	
<b>Carbohydrates</b>		52.62g	
<b>Fiber</b>		4.85g**	
<b>Sugar</b>		10.24g	
<b>Added Sugar</b>		0.00g**	
<b>Protein</b>		26.56g	
<b>Vitamin A</b>	1797.24mcg	<b>Vitamin C</b>	16.12mg
<b>Calcium</b>	80.74mg	<b>Iron</b>	2.32mg

\*\*One or more nutritional components are missing from at least one item on this recipe.

# BBQ Chicken Salad USDA



Servings:	150.00	Category:	Entree
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52835
School:	Key High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Barbecue Chicken or Turkey Salad USDA Recipe for Schools	112 1/2 Cup		51641
Bread, white wheat	150 Slice		18967

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.375
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 0.75 Cup

Amount Per Serving			
<b>Calories</b>		257.54	
<b>Fat</b>		6.77g	
<b>Saturated Fat</b>		1.93g	
<b>Trans Fat</b>		0.01g	
<b>Cholesterol</b>		58.56mg	
<b>Sodium</b>		526.49mg	
<b>Carbohydrates</b>		24.74g	
<b>Fiber</b>		3.84g	
<b>Sugar</b>		8.88g	
<b>Added Sugar</b>		0.00g**	
<b>Protein</b>		23.22g	
<b>Vitamin A</b>	580.46mcg	<b>Vitamin C</b>	7.45mg
<b>Calcium</b>	246.03mg	<b>Iron</b>	2.90mg

\*\*One or more nutritional components are missing from at least one item on this recipe.

## Nutrition - Per 100g

No 100g Conversion Available

# Daily Salad USDA



Servings:	150.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52836
School:	Key High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Lettuce, cos or romaine, raw	75 cup shredded		11251
Cucumber, with peel, raw	37 1/2 cup slices		11205
Tomatoes, red, ripe, raw, year round average	37 1/2 cup cherry tomatoes		11529

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.250
<b>OtherVeg</b>	0.250
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Cup

Amount Per Serving			
<b>Calories</b>		14.60	
<b>Fat</b>		0.17g	
<b>Saturated Fat</b>		0.03g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		4.26mg	
<b>Carbohydrates</b>		3.17g	
<b>Fiber</b>		1.07g	
<b>Sugar</b>		1.69g	
<b>Added Sugar</b>		0.00g**	
<b>Protein</b>		0.79g	
<b>Vitamin A</b>	2384.44mcg	<b>Vitamin C</b>	6.77mg
<b>Calcium</b>	15.64mg	<b>Iron</b>	0.40mg

\*\*One or more nutritional components are missing from at least one item on this recipe.

## Nutrition - Per 100g

No 100g Conversion Available

# Peanut Butter and Jelly Sandwich USDA



Servings:	150.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-52838
School:	Key High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Bread, whole-wheat, commercially prepared	300 Slice		18075
Peanut butter, smooth style, without salt	6 Tablespoon		16398
Jellies	150 serving 1 tbsp		19300

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Sandwich

Amount Per Serving			
<b>Calories</b>		312.82	
<b>Fat</b>		10.46g	
<b>Saturated Fat</b>		2.12g	
<b>Trans Fat</b>		0.02g**	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		300.22mg	
<b>Carbohydrates</b>		45.59g	
<b>Fiber</b>		4.85g	
<b>Sugar</b>		15.21g	
<b>Added Sugar</b>		0.00g**	
<b>Protein</b>		11.55g	
<b>Vitamin A</b>	2.97mcg	<b>Vitamin C</b>	0.19mg
<b>Calcium</b>	112.35mg	<b>Iron</b>	1.90mg

\*\*One or more nutritional components are missing from at least one item on this recipe.

## Nutrition - Per 100g

No 100g Conversion Available



# Cheese Sandwich USDA



Servings:	150.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-52861
School:	Key High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Cheese, cheddar, sharp, sliced	150 slice (1 oz)		1270
Bread, whole-wheat, commercially prepared	300 Slice		18075

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Sandwich

Amount Per Serving			
<b>Calories</b>		214.14	
<b>Fat</b>		6.60g	
<b>Saturated Fat</b>		2.96g	
<b>Trans Fat</b>		0.16g	
<b>Cholesterol</b>		12.76mg	
<b>Sodium</b>		374.23mg	
<b>Carbohydrates</b>		27.61g	
<b>Fiber</b>		3.84g	
<b>Sugar</b>		2.81g	
<b>Added Sugar</b>		0.00g**	
<b>Protein</b>		11.09g	
<b>Vitamin A</b>	130.07mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	194.71mg	<b>Iron</b>	1.60mg

\*\*One or more nutritional components are missing from at least one item on this recipe.

## Nutrition - Per 100g

No 100g Conversion Available

# Vegetable Sticks USDA



Servings:	300.00	Category:	Vegetable
Serving Size:	0.63 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-52862
School:	Key High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots, baby, raw	75 Cup		11960
Cucumber, with peel, raw	75 cup slices		11205
Celery, raw	39 cup chopped		11143

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.250
<b>OtherVeg</b>	0.375
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 0.63 Cup

Amount Per Serving			
<b>Calories</b>		12.12	
<b>Fat</b>		0.08g	
<b>Saturated Fat</b>		0.02g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		25.24mg	
<b>Carbohydrates</b>		2.84g	
<b>Fiber</b>		0.87g	
<b>Sugar</b>		1.48g	
<b>Added Sugar</b>		0.00g**	
<b>Protein</b>		0.38g	
<b>Vitamin A</b>	2599.50mcg	<b>Vitamin C</b>	1.61mg
<b>Calcium</b>	15.24mg	<b>Iron</b>	0.26mg

\*\*One or more nutritional components are missing from at least one item on this recipe.

## Nutrition - Per 100g

No 100g Conversion Available

# Pepperoni and Pineapple Pizza USDA



Servings:	150.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52873
School:	Key High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SFS TONY'S SMART WG PEPPERONI 50-50 NET WT 26.88LBS 12-8PK CN	150 Piece		124246
Pineapple, canned, juice pack, drained	19 1/2 cup, chunks		9354

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.125
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.125
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Slice

Amount Per Serving			
<b>Calories</b>		293.52	
<b>Fat</b>		0.03g**	
<b>Saturated Fat</b>		3.56g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		15.24mg	
<b>Sodium</b>		539.99mg	
<b>Carbohydrates</b>		36.68g	
<b>Fiber</b>		4.24g	
<b>Sugar</b>		11.36g	
<b>Added Sugar</b>		2.54g**	
<b>Protein</b>		15.11g	
<b>Vitamin A</b>	11.77mcg**	<b>Vitamin C</b>	2.21mg
<b>Calcium</b>	243.79mg	<b>Iron</b>	2.73mg

\*\*One or more nutritional components are missing from at least one item on this recipe.

## Nutrition - Per 100g

No 100g Conversion Available

# 29003 Spaghetti and Meat Sauce



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52956

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	6 3/8 Pound		23570
Onions, cooked, boiled, drained, without salt	3 9/10 Ounce		11283
Peppers, sweet, green, cooked, boiled, drained, without salt	3 2/3 Ounce		11334
Spices, garlic powder	4 1/2 Teaspoon		2020
Spices, pepper, black	1 1/2 tsp, ground		2030
Tomato products, canned, puree, without salt added	12 Cup		11547
Salt, table	1 1/3 Tablespoon		2047
Soup, beef broth, less/reduced sodium, ready to serve	4 Cup		6188
Beverages, water, tap, municipal	8 Cup		14429
Soup, chicken broth, low sodium, canned	4 Tablespoon		6970
Spices, parsley, dried	1/4 Cup		2029
Spices, basil, dried	2 tbsp, ground		2003
Spices, oregano, dried	2 Tablespoon		2027
Spices, marjoram, dried	1 Tablespoon		2023

Description	Measurement	Prep Instructions	DistPart#
Spices, thyme, dried	1 1/2 tsp, ground		2042
Carrots, cooked, boiled, drained, without salt	18 2/5 Ounce		11125
Pasta, whole-wheat, cooked (Includes foods for USDA's Food Distribution Program)	25 1/2 cup spaghetti not packed		20125

## Preparation Instructions

Combine all ingredients except pasta  
cook until all ingredients are soft and mixed well  
cook pasta in 6 gallons of boiling water for 10 minutes

### Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

### Nutrition Facts

Servings Per Recipe: 50.00			
Serving Size: 1.00 Cup			
Amount Per Serving			
Calories		97.51	
Fat		1.20g	
Saturated Fat		0.20g	
Trans Fat		0.00g**	
Cholesterol		0.20mg	
Sodium		33.59mg	
Carbohydrates		19.28g	
Fiber		2.56g	
Sugar		0.88g	
Added Sugar		0.00g**	
Protein		4.24g	
Vitamin A	241.55mcg	Vitamin C	2.11mg
Calcium	12.14mg	Iron	1.23mg

\*\*One or more nutritional components are missing from at least one item on this recipe.

### Nutrition - Per 100g

No 100g Conversion Available	
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# 29001 Salisbury Steak



Servings:	100.00	Category:	Entree
Serving Size:	1.00 PATTY	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52957

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, ground, 85% lean meat / 15% fat, raw (Includes foods for USDA's Food Distribution Program)	17 Pound		23567
Cereals, oats, regular and quick, not fortified, dry	24 Ounce		8120
Egg, whole, raw, fresh	10 1/2 Ounce		1123
Beverages, water, tap, municipal	2 Cup		14429
Soup, beef broth or bouillon, powder, prepared with water	2 serving 1 cup		6475
Milk, dry, nonfat, regular, without added vitamin A and vitamin D	4 1/2 Ounce		1091
Onions, dehydrated flakes	3 1/2 Ounce		11284
Spices, parsley, dried	1/2 Cup		2029
Spices, pepper, black	1 tbsp, ground		2030

## Preparation Instructions

Combine all ingredients and bake at 350 F.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 PATTY

Amount Per Serving			
<b>Calories</b>		35.42	
<b>Fat</b>		0.77g	
<b>Saturated Fat</b>		0.19g	
<b>Trans Fat</b>		0.00g**	
<b>Cholesterol</b>		11.48mg	
<b>Sodium</b>		29.96mg	
<b>Carbohydrates</b>		5.33g	
<b>Fiber</b>		0.69g	
<b>Sugar</b>		0.76g	
<b>Added Sugar</b>		0.00g**	
<b>Protein</b>		1.79g	
<b>Vitamin A</b>	16.44mcg	<b>Vitamin C</b>	0.11mg
<b>Calcium</b>	21.59mg	<b>Iron</b>	0.35mg

\*\*One or more nutritional components are missing from at least one item on this recipe.

## Nutrition - Per 100g

No 100g Conversion Available