

# **Cookbook for Calhoun County Youth Center**

**Created by HPS Menu Planner**

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# Chicken Alfredo

Servings:	70.00	Category:	Entree
Serving Size:	6.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-56427
School:	Calhoun County Youth Center		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	7 Pound		100101
SAUCE ALFREDO FZ	10 Pound	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	155661
PASTA PENNE RIGATE	5 Pound	**Non-Whole Grain**	635501

## Preparation Instructions

Place chicken and alfredo sauce in a 6” steamtable pan. Put into a preheated steamer for 30 minutes. Put pasta in a 6” steamtable pan and cover with hot water. Place in a preheated steamer for 5 minutes, stir and continue cooking for 4 more minutes or until al dente. When pasta is done drain if necessary and combine with chicken and sauce. Mix thoroughly and keep warm.

## Nutrition Facts

Servings Per Recipe: 70.00  
Serving Size: 6.00 Fluid Ounce

Amount Per Serving			
Calories		378.03	
Fat		4.08g	
Saturated Fat		0.55g	
Trans Fat		0.01g	
Cholesterol		36.67mg	
Sodium		109.56mg	
Carbohydrates		64.68g	
Fiber		3.05g	
Total Sugar		3.56g	
Added Sugar		0.00g	
Protein		21.24g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	32.36mg	Iron	2.74mg

## Nutrition - Per 100g

No 100g Conversion Available

# Walking Taco All Schools

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-56398
<b>School:</b>	Calhoun County Youth Center		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP COOL RNCH	100 Cup	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	712650
TACO FILLING BEEF REDC FAT 6-5 COMM	200 Ounce	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	722330
CHEESE CHED SHRD	100 Ounce		199720
SALSA 103Z	100 Ounce	READY_TO_EAT None	452841
LETTUCE ROMAINE RIBBONS	25 Cup		451730

## Preparation Instructions

Directions:

WASH HANDS.CCP

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER, DRAIN WELL. CCP

1. In a steamer, cook beef to 155 degrees or higher for at least 15seconds. CCP

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 155°F, HELD FOR 15 SECONDS.

2. Open individual bags of chips

3. Add 2 oz of meat mixture, 1 oz of shredded cheese, 1/4 cup of shredded lettuce and 1/8 cup (1 oz) salsa to each bag of chips.

4. Serve.

Child Nutrition: 1 Each provides=

2.2 oz meat/meat alternate, 2 oz eq grains, 1/8 cup "other" vegetable, and 1/8 cup red/orange vegetable

OR

2.2 oz meat/meat alternate, 2 oz eq grains, and 1/4 cup additional vegetables

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	457.42
Fat	25.15g
Saturated Fat	9.14g
Trans Fat	0.00g
Cholesterol	51.45mg
Sodium	776.08mg
Carbohydrates	36.65g
Fiber	3.51g
Total Sugar	4.18g
Added Sugar	0.67g
Protein	17.45g
Vitamin A	0.00mcg
Vitamin C	0.00mg
Calcium	82.39mg
Iron	1.80mg

Nutrition - Per 100g

No 100g Conversion Available

# Pizza Sandwich

Servings:	50.00	Category:	Entree
Serving Size:	1.00 muffin	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-56428
School:	Calhoun County Youth Center		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 81/19 FINE GRIND	6 1/4 Pound		272691
ONION VIDALIA SWT	1 3/4 Pound	finely chopped	558133
PEPPERS COLORED MIXED ASST	1 1/5 Cup	finely chopped	491012
PEPPERONI SLCD 16/Z	3 Cup	chopped	100240
Olives, ripe, canned (small-extra large)	1 1/2 Cup	sliced	9193
SAUCE PIZZA	3 Cup		502141
TOMATO DCD PETITE	22 1/2 Ounce	undrained	498871
MUFFIN ENG WGRAIN SLCD 2Z	50 Each		687131
CHEESE MOZZ SHRD	12 1/2 Ounce		645170

## Preparation Instructions

1. Cook ground beef, onions, and bell peppers over medium-high heat until beef is browned and vegetables are tender.  
CCP: Cook ground beef to 165°F internal temperature for 15 seconds.
2. Stir in pepperoni, olives, pizza sauce, and diced tomatoes. Reduce heat to medium and simmer for 5 minutes, stirring occasionally.
3. Toast English muffins. Spoon ~1/4 cup hot beef mixture onto each muffin half.
4. Sprinkle each portion with shredded mozzarella cheese. Serve hot.  
CCP: Hold hot at 135°F or above.

# Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 muffin

Amount Per Serving	
Calories	303.55
Fat	14.13g
Saturated Fat	5.48g
Trans Fat	0.00g
Cholesterol	41.36mg
Sodium	416.23mg
Carbohydrates	24.73g
Fiber	1.59g
Total Sugar	3.23g
Added Sugar	0.24g
Protein	18.80g
Vitamin A	96.84mcg
Vitamin C	6.38mg
Calcium	151.63mg
Iron	3.05mg

## Nutrition - Per 100g

No 100g Conversion Available



# Korean Bao Bun Hot Dogs

<b>Servings:</b>	24.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-56397
<b>School:</b>	Calhoun County Youth Center		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD FLDED BAO PLN .92Z	48 Piece	<b>STEAM</b> - Steam the frozen bun for 5-8 minutes or until soft (preferred method) - Microwave: cover 3 buns with a damp paper towel, microwave at high heat for 15-20 seconds, flip over and heat the other side for another 15-20 seconds - Fill the bun with any fillings of your preference - Good for party reception,	523803
FRANKS BEEF 8/	24 Each	Halved	265039
SAUCE HOT	1 Cup		790835
SAUCE SWEET CHILI	4 Tablespoon	<b>HEAT_AND_SERVE</b> Shake well before using. Pour and serve.	271862

## Preparation Instructions

Prepare "Maui Wowie" Slaw (see "Maui Wowie Slaw recipe)

In a small bowl, combine Korean BBQ blend, hot sauce, and sweet chili sauce. Mix well and set aside

To lattice cut hot dogs, you need a sharp knife. Simply slice 1/4" diagonal cuts in one direction all the way down the dog, then go the opposite direction all the way down. Repeat on opposite side of the dog.

Pre heat a grill to medium high and add hot dogs.

Baste hot dogs with Voodoo sauce and turn over to caramelize the glaze. Repeat every two minutes until the lattice cuts spread and dog is cooked to your liking.

Repeat on all hot dogs then get ready to build.

While Bao Buns are still warm, use a paring knife to gently split down the middle taking care to not cut more than halfway through each bun.

Place a generous pinch of slaw (see "Maui Wowie" Slaw recipe) in the bun followed by the Korean BBQ glaze (lattice cut hot dog). Top with more slaw sauce and green onion curls.

## Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 2.00 Each

Amount Per Serving	
Calories	444.17
Fat	23.00g
Saturated Fat	8.00g
Trans Fat	0.50g
Cholesterol	35.00mg
Sodium	1047.56mg
Carbohydrates	50.00g
Fiber	1.00g
Total Sugar	10.83g
Added Sugar	0.83g
Protein	11.00g
Vitamin A	0.00mcg
Vitamin C	0.00mg
Calcium	38.89mg
Iron	1.27mg

## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Parmesan Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-56405
School:	Calhoun County Youth Center		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST FRTTT CRSPY 3.5Z	1 Each	CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F. From frozen, place pieces in a single layer on a lined sheet pan on a wire rack. Heat for 11-12 minutes. For best performance hold on a sheet pan, uncovered, with a wire rack, above 135°F in a dry heat environment. DEEP_FRY Appliances vary, adjust accordingly. Deep Fry Preheat oil to 350°F. From thawed, place in a fryer basket, submerge in oil, and shake basket. Do NOT over pack product in basket. Cook the product for 4-5 minutes shaking the basket occasionally during cooking. For best performance hold product on a sheet pan, uncovered, with a wire rack, above 135°F in a dry heat environment.	152141
SAUCE MARINARA	2 Tablespoon	READY_TO_EAT None	502181
CHEESE MOZZ SHRD	2 Tablespoon	READY_TO_EAT Preshredded. Use cold or melted.	645170
BUN HAMB SLCD 4IN	1 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	763233

## Preparation Instructions

- Wash Hands and - put on gloves
- Spray 2" full pan with non stick spray
- Place chicken patties in 2" pan 8 in each pan
- Cook chicken in 350 degree oven 8-10 min.
- Temp chicken at 165 degrees
- Top with sauce and cheese, cover and put in warmer
- Serve on bun
- Hold at 145 degrees

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	406.25
Fat	15.63g
Saturated Fat	2.44g
Trans Fat	0.00g
Cholesterol	46.88mg
Sodium	906.25mg
Carbohydrates	44.63g
Fiber	1.50g
Total Sugar	6.63g
Added Sugar	3.25g
Protein	23.38g
Vitamin A	0.00mcg
Vitamin C	0.00mg
Calcium	109.38mg
Iron	3.05mg

## Nutrition - Per 100g

No 100g Conversion Available

# Cheeseburger

Servings:	50.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-56086
School:	Calhoun County Youth Center		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY SEAS	50 Each		114600
BUN HAMB SLCD 4IN	50 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	763233
CHEESE AMER YEL 160CT SLCD	50 Slice		271411

## Preparation Instructions

1. Place hamburger patties on a parchment-lined sheet pan. Bake at 350°F for approximately 40 minutes or until cooked through.  
CCP: Must reach internal temperature of 165°F for 15 seconds.
2. Add American cheese to hamburger patties and return to oven for 5 minutes until melted.  
CCP: Hot hold at 135°F or higher.
4. To assemble: Place patty with melted cheese on each bun and serve.

# Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

Amount Per Serving	
Calories	490.00
Fat	30.00g
Saturated Fat	12.50g
Trans Fat	1.00g
Cholesterol	92.50mg
Sodium	730.00mg
Carbohydrates	30.00g
Fiber	1.00g
Total Sugar	4.50g
Added Sugar	3.00g
Protein	25.50g
Vitamin A	0.00mcg
Vitamin C	0.00mg
Calcium	180.00mg
Iron	3.90mg

## Nutrition - Per 100g

No 100g Conversion Available

# Beef Stroganoff

Servings:	50.00	Category:	Entree
Serving Size:	8.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-56406
School:	Calhoun County Youth Center		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 81/19 FINE GRIND	9 Pound	PAN_FRY Crumble meat in a single layer in a preheated skillet and stir constantly until meat is cooked through and a meat thermometer reads 160F. To measure internal temperature of ground product, place crumbles into a mound and insert meat thermometer into center, being careful not to touch skillet. Ground beef should be cooked thoroughly to ensure food safety.	272691
FLOUR HR GOLD MEDAL 14317	3/4 Cup	BAKE Refer to your desired recipe or formula for preparation instructions. UNPREPARED Use as an ingredient in your desired recipe or formula. Raw flour is not ready-to-eat and must be thoroughly cooked before eating. To prevent illness from naturally occurring bacteria in wheat flour, do not eat or play with raw dough or batter; wash hands and surfaces after handling.	426253
ONION SWT	3 3/4 Cup		714932
SPICE GARLIC POWDER 4# BADIA	2 Teaspoon		431251
Black Ground Pepper	2 1/2 Teaspoon		2009817
Soup, cream of mushroom, canned, condensed, reduced sodium	112 Ounce		6182
1 % Lowfat Unflavored	4 1/2 Cup	READY_TO_DRINK	4752
SOUR CREAM	45 Ounce		172511
SAUCE WORCESTERSHIRE 4-1GAL VENTURA	6 1/2 Tablespoon		321436
Wide Egg Noodles	4 1/2 Pound		483135

# Preparation Instructions

- 1. Brown hamburger in a large skillet. Drain excess fat.
- 2. Add onions, garlic powder, and pepper; cook until onions are softened.
- 3. Sprinkle flour over beef and onion mixture, stir well, and cook for 1 minute.
- 4. Add mushroom soup, milk, and Worcestershire sauce. Stir until blended.
- 5. Bring mixture to a boil, reduce heat, cover, and simmer for 20 minutes. Stir occasionally to prevent sticking.
- 6. Remove from heat and stir in sour cream.
- 7. Cook noodles according to package directions, drain well.
- 8. Combine noodles with beef mixture in a hotel pan and hold at 135°F or above for service.

CCP: Cook ground beef to 165°F internal temperature for 15 seconds.

CCP: Hold hot at 135°F or above.

Meal Pattern Contribution (Per Serving)

Meal Component Per Serving

Meat/Meat Alternate 2 oz eq (ground beef + sour cream)

Grain 1 oz eq (egg noodles)

Vegetable 1/8 cup (onion + mushroom soup)

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 8.00 Ounce

Amount Per Serving	
Calories	456.30**
Fat	22.57g**
Saturated Fat	10.10g**
Trans Fat	0.00g**
Cholesterol	75.26mg**
Sodium	404.07mg**
Carbohydrates	39.65g**
Fiber	1.88g**
Total Sugar	5.40g**
Added Sugar	0.13g**
Protein	22.77g**
Vitamin A 2.17mcg**	Vitamin C 0.18mg**
Calcium 47.29mg**	Iron 3.13mg**

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



## Nutrition - Per 100g

<b>Calories</b>	201.19**		
<b>Fat</b>	9.95g**		
<b>Saturated Fat</b>	4.45g**		
<b>Trans Fat</b>	0.00g**		
<b>Cholesterol</b>	33.18mg**		
<b>Sodium</b>	178.16mg**		
<b>Carbohydrates</b>	17.48g**		
<b>Fiber</b>	0.83g**		
<b>Total Sugar</b>	2.38g**		
<b>Added Sugar</b>	0.06g**		
<b>Protein</b>	10.04g**		
<b>Vitamin A</b>	0.96mcg**	<b>Vitamin C</b>	0.08mg**
<b>Calcium</b>	20.85mg**	<b>Iron</b>	1.38mg**

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

# Sampler Basket - Chicken Strip, Mozz Sticks w/Marinara, Onion Rings, Soft Pretzel w/Cheese, and Seasoned Fries

Servings:	1.00	Category:	Entree
Serving Size:	1.00 serving of 2 onion rings, 2 mozz sticks, 1 pretzel w/cheese, and 1 chicken strip	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-56388

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ONION RING BRD WGRAIN	2 Each		234061
CHIX BRST STRP BRD CKD WGRAIN	1 Each		423109
APTZR MOZZ STIX BRD R/F 8-3 FRM RCH	2 Each	BAKE Cooking Instructions: /u2022 For food safety, quality, and thorough cooking, please follow the instructions below. /u2022 Keep frozen until ready to prepare. *Microwaving not recommended. Due to differences in appliances and quantity prepared, cooking times may vary and require adjustment. Caution-Product will be hot! Check product 1-2 minutes before indicated time. If cheese becomes visible, remove from heat. CONVECTION OVEN: 1. Preheat oven to 350°F. 2. Arrange product in a single layer on lined baking sheet. 3. Bake for 9-10 minutes (full tray). If baking more than one tray, longer cooking time may be required.	143261
SAUCE CHS ULTIM YEL POU 6-106Z LOL	1/4 Cup		310668
FRIES 1/2" S/C XLNG SKN-ON SEAS	3 Ounce	BAKE PREHEAT OVEN TO 450° F. PLACE FROZEN FRIES IN A SINGLE LAYER ON A SHALLOW BAKING PAN. BAKE FOR 18 TO 22 MINUTES. CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING.	230962

Description	Measurement	Prep Instructions	DistPart #
SAUCE MRNR DIP CUP	1 Each	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	532502
WG Soft Pretzel Rod	1 Each		607940

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 1.00 serving of 2 onion rings, 2 mozz sticks, 1 pretzel w/cheese, and 1 chicken strip

Amount Per Serving			
Calories		600.40	
Fat		19.23g	
Saturated Fat		3.37g	
Trans Fat		0.00g**	
Cholesterol		45.08mg	
Sodium		941.17mg	
Carbohydrates		79.21g	
Fiber		8.20g	
Total Sugar		5.00g**	
Added Sugar		1.00g**	
Protein		31.72g	
Vitamin A	0.00mcg**	Vitamin C	0.00mg**
Calcium	225.65mg	Iron	3.32mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# BLT Sandwich

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-56404
School:	Calhoun County Youth Center		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON L/O 14-18CT CC FZ	100 Slice		326283
TOMATO 6X6 LRG	25 Cup		199001
LETTUCE ROMAINE HRTS	25 Cup		182570
BREAD WHL WHE PULLMAN SLCD	100 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and microwaved.	710650

## Preparation Instructions

No Preparation Instructions available.

# Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	281.20
Fat	11.20g
Saturated Fat	3.55g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	474.50mg
Carbohydrates	28.50g
Fiber	5.60g
Total Sugar	5.00g
Added Sugar	2.00g
Protein	17.30g
Vitamin A	749.70mcg
Vitamin C	12.33mg
Calcium	97.00mg
Iron	2.43mg

## Nutrition - Per 100g

No 100g Conversion Available

# Meatloaf

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-56426
School:	Calhoun County Youth Center		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO PASTE	6 Ounce		444707
Water	8 Ounce		Water
Beef Stock 12/32oz	16 Ounce		364053
EGG SCRMBD LIQ MIX	10 Ounce		533149
OATS QUICK HOT CEREAL	4 1/2 Cup		240869
MILK PWD FF INST	1 Cup		311065
BEEF GRND 81/19 FINE GRIND	7 4/5 Pound		272691
ONION VIDALIA SWT	8 Ounce		558133
CELERY DCD 1/4IN	1 1/2 Cup		198196
SPICE PARSLEY FLAKES	1/4 Cup		259195
Black Ground Pepper	2 1/2 Teaspoon		2009817
SPICE GARLIC GRANULATED	2 1/2 Teaspoon		149861
Spices, basil, dried	3/4 Teaspoon		2003
Spices, oregano, dried	3/4 Teaspoon		2027
Spices, marjoram, dried	3/4 Teaspoon		2023

## Preparation Instructions

1. In a mixer with paddle attachment, combine tomato paste, water, beef stock, eggs, oats, and dry milk on medium speed.
2. Add ground beef, onions, celery, parsley, pepper, garlic, basil, oregano, and marjoram. Mix for 2–3 minutes until blended (DO NOT OVERMIX).
3. Place mixture into steam table pans (2 1/2" full pan for 50; two 1 1/2" full pans for 100).

4. Press mixture into pan(s) and smooth top. Score down the middle lengthwise into two equal loaves.
5. Bake: Conventional oven at 350°F for 90 minutes, or Convection oven at 275°F for 105 minutes.
6. Drain fat from pans. Let stand for 10 minutes before slicing.
7. Slice loaves into ~3/4" thick slices (~4 oz each).
- CCP: Cook ground beef to 165°F internal temperature for 15 seconds.
- CCP: Hold hot at 135°F or above.

**Nutrition Facts**

Servings Per Recipe: 50.00  
Serving Size: 1.00 Slice

Amount Per Serving	
Calories	217.73**
Fat	14.02g**
Saturated Fat	5.86g**
Trans Fat	0.00g**
Cholesterol	64.35mg**
Sodium	64.09mg**
Carbohydrates	6.72g**
Fiber	0.95g**
Total Sugar	1.36g**
Added Sugar	0.00g**
Protein	15.22g**
Vitamin A 16.80mcg**	Vitamin C 0.34mg**
Calcium 24.42mg**	Iron 1.58mg**

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

**Nutrition - Per 100g**

No 100g Conversion Available