

Calzone Three Cheese MTG

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|----------------------|--------------------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-96 |
| School: | Test High School 2 | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------|-------------|-------------------|------------|
| CALZONE 3CHS WGRAIN | 100 Each | | 658591 |

Preparation Instructions

Directions:

,0: Wash hands.

,1: 1. Thaw under refrigeration.

,2: 2. Spray with non-stick cooking spray before baking for a softer crust.

,3: 3. Bake at 350 degrees F for 10-12 minutes or until product reaches an internal temperature of 165 degrees F.

, Notes:

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 4.000 |
| Grain | 4.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.260 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

| Amount Per Serving | |
|-------------------------|-------------------------|
| Calories | 250.00 |
| Fat | 5.00g |
| SaturatedFat | 2.00g |
| Trans Fat | 0.00g |
| Cholesterol | 10.00mg |
| Sodium | 430.00mg |
| Carbohydrates | 33.00g |
| Fiber | 4.00g |
| Sugar | 4.00g |
| Protein | 19.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 410.00mg | Iron 2.70mg |

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available
