

Milam 1

Recipe: 000357 Curry Raspberry Turkey Sand.

Recipe Source: local

Recipe Group: SANDWICHES

Recipe HACCP Process: #1 No Cook

Alternate Recipe Name:

Number of Portions: 6

Size of Portion: 1 ea

900021 CHEESE, CREAM LOW-FAT (NEUFCHATEL).... 075003 MAYONNAISE,LoFat,No Cholesterol..... 900019 Raspberries, Red, Puree, 5.75 LB..... 019335 SUGAR,GRANULATED..... 900118 MUSTARD, DIJON..... 002015 CURRY POWDER..... 090016 CUMIN,GROUND..... 002047 SALT,TABLE..... 002030 PEPPER,BLACK.....	4 OZ 4 OZ 4 OZ 1 OZ 1 TBSP 1 TSP 1/2 TSP 1/2 TSP 1/4 TSP	Combine Dressing.
011143 CELERY,FRESH,RAW..... 005186 TURKEY,ALL CLASSES,LT MEAT,CKD,RSTD...	2 CUP,chopped 1 1/2 PINT, chopped/diced	Toss into dressing
011529 TOMATOES,FRESH,RED RIPE.....	6 slice, med (1/4" thick)	Slice
011252 LETTUCE,ICEBERG,FRESH.....	3 CUP, shredded	Shread
018075 BREAD WHOLE-WHEAT.....	12 slice	Layer #6 scoop meat mixture, 1 slice tomato, and 1/2 cup lettuce between 2 slices of bread.

Calories	394	Iron	3.04* mg	Protein	30.69 g	31.19%	Calories from Prot
Cholesterol	59 mg	Calcium	103.31 mg	Carbohydrates	36.17 g	36.76%	Calories from Carb
Sodium	827 mg	Vitamin A	623.1 IU	Total Fat	13.57 g	31.03%	Calories from T Fat
Dietary Fiber	5.73 g	Vitamin A	52.7 RE	Saturated Fat	4.16 g	9.51%	Calories from S Fat
		Vitamin C	5.47 mg	Trans. Fat	0.46* g	1.06%	Calories from Trans. Fat

Note: * - asterisk denotes nutrients with either missing or incomplete nutrient data.

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Miscellaneous			Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt.....	oz.					
Grain/Bread.....	srv.			Y - Egg	N - Tree Nut	
F/V/J.....	cup			Y - Wheat	N - Fish	
Milk.....	fl. oz.				N - Shellfish	
					N - Soy	
Moisture & Fat Change						
Moisture Change.	0%					
Fat Change.....	0%					
Type of Fat.....						

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	900021	CHEESE, CREAM LOW-FAT (NEUFCHATEL)			
I	075003	MAYONNAISE,LoFat,No Cholesterol			
I	900019	Raspberries, Red, Puree, 5.75 LB			
I	019335	SUGAR,GRANULATED			
I	900118	MUSTARD, DIJON			
I	002015	CURRY POWDER			
I	090016	CUMIN,GROUND			
I	002047	SALT, TABLE			
I	002030	PEPPER,BLACK			
I	018075	BREAD WHOLE-WHEAT			
I	011143	CELERY,FRESH,RAW			
I	005186	TURKEY,ALL CLASSES,LT MEAT,CKD,RSTD			
I	011529	TOMATOES,FRESH,RED RIPE			
I	011252	LETTUCE,ICEBERG,FRESH			

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