

Recipe Report:



Recipe Name: Beef, California Fresh Buritto Bowl

Recipe Code: Rec 8608

Number of Servings: 1

Recipe's Ingredients (** = A CN Database Serving Type)			
Ingredient Name	Code	Primary Measure	Secondary Measure

Rice, Cilantro Lime	Rec 8533	1 Cup	
Salad, Beans, Fiesta Pinto	Rec 2946	1 Serving (1/2 cup serving)	
Beef, for Burrito Bowl	Rec 8594	1 Scoop#8	

Recipe Instructions

Preparation Description
Make Recipe #8533 Cilantro Lime Rice(make recipe 2 x's) Make Recipe #2946 Salad, Bean Fiesta Pinto (Make recipe 3 1/2 x's) Make Recipe #8594 Beef, Burrito Bowl Meat (Make 1 x's) To assemble: Place: 1 cup of Cilantro Lime Rice in Bottom of Black Bowl Place: 1/2 cup of Fiesta Pinto Bean Salad On Top of Rice Place: 1/2 cup fo Burrito Bowl Meat on Top of Pinto Beans Place: Sprinkling of Cheese Mix on Top For Garnish Time Saver Tip: Meat can be assembled the day before and held in the refrigerator overnight for cooking the next day

HACCP Information

Hold cold foods at an internal temperature of 41 degrees F or lower. Check temperature of food at least every four hours and record Reheat food to 165 degrees F for 15 seconds. Sanitize work surface, equipment, and utensils. Use a clean, sanitized, and calibrated thermometer to measure the internal temperature of foods. Wash your hands Wear gloves Wear hairnet HACCP Process: Same Day

Allergens

Soy

Local Serving Details				
Serving Size	Serving Type	Weight (g)	Proj. Num.Of Servings	Serving Description

1	Serving	290.299	1	
1	Batch	23223.92	.013	California Burrito Bowl (80 servings)

Item Nutrition Composition for One Serving (1 Serving) 290.299 g							
--	--	--	--	--	--	--	--

Calories	404.546 Kcal	Sodium	674.799 mg	Calcium	65.744 mg	Ash	1.350 ! g
Total Fat	7.940 g	Carbohydrate	61.887 g	Sugars	4.422 ! g	% Kcal From Sat. Fat	5.203 %
Sat. Fat	2.339 g	Dietary Fiber	7.380 g	Vitamin A (IU)	462.351 IU	% Kcal From Fat	17.664 %
Total Trans	.000 ! g	Protein	19.951 g	Vitamin C	10.911 mg	% Kcal From Protein	19.727 %
Cholesterol	38.999 mg	Iron	3.314 mg	Moisture	78.321 ! g	% Kcal From Carb	61.192 %
						% Weight from Total Sugars	1.521 ! %

Recipe Report:



Item Nutrition Composition for Contribution Per One Serving (290.299)																						
Code	Ingredient Name	Cal (KCal)	Fat (g)	SFat (g)	TTr (g)	Chol (mg)	Pro (g)	Fe (mg)	Ca (mg)	Sugars (g)	Vit A (IU)	Vit C (mg)	Na (mg)	Carb (g)	TDF (g)	Ash (g)	Mois (g)	% Kcal From Pro	% Kcal From Carb.	% Kcal From Fat	% Kcal From SFat	% Weight from Total Sugars
Rec 8533	Rice, Cilantro Lime	191.453	1.582	.001	.000	.000	4.246	.771	1.741	.185	29.322	3.317	.378	38.655	2.150	.039	10.076	8.870	80.760	7.436	.004	.064
10202	Tomatoes, Diced	9.233	.000	.000	.000	.000	.153	.223	12.314	***	230.866	3.695	4.619	1.847	.615	***	***	6.616	80.032	.000	.000	***
99238	Onions, Green	1.278	.008	.001	***	.000	.073	.059	2.875	.093	39.814	.751	.639	.293	.104	.032	3.587	22.875	91.750	5.344	.900	.090
10806	Sauce, BBQ (Bernards dry)	8.526	.000	.000	.000	.000	.000	.000	1.705	1.705	.000	.000	144.934	1.705	.000	***	***	.000	80.000	.000	.000	36.804
10614	Rice, Brown (Uncle Ben's - Sysco)	188.687	1.572	.000	.000	.000	4.193	.755	.000	.000	.000	.000	.000	37.737	2.097	***	***	8.889	80.000	7.500	.000	.000
20804	Lime Juice (Sysco)	2.684	.008	.001	***	.000	.045	.010	1.503	.181	5.369	3.221	.215	.904	.043	.033	9.749	6.720	134.720	2.520	.288	.296
99127	Garlic, Granules	1.926	.000	.000	.000	.000	.102	.040	.820	.102	.127	.013	.193	.273	.119	***	***	21.178	56.613	.000	.000	2.201
99228	Garlic	.893	.003	.001	***	.000	.038	.010	1.084	.006	.054	.187	.102	.198	.013	.009	.351	17.074	88.752	3.020	.538	.006
Rec 2946	Salad, Beans, Fiesta Pinto	69.812	.163	.003	.000	.000	3.086	.671	38.216	1.390	92.669	2.526	487.132	13.943	3.708	1.238	64.494	17.681	79.887	2.105	.035	.479
Rec 8594	Beef, for Burrito Bowl	142.612	6.182	2.331	.000	38.935	12.587	1.867	25.678	2.840	339.594	5.049	186.173	9.188	1.511	.070	3.621	35.304	25.770	39.011	14.712	.978
99226	Cilantro	.147	.003	.000	***	.000	.014	.011	.428	.006	43.116	.173	.294	.023	.018	.009	.589	37.043	63.826	20.348	.391	.005
99124	Cumin, Ground	1.495	.089	.006	***	.000	.071	.265	3.711	.009	5.062	.031	.670	.176	.042	.030	.032	18.997	47.189	53.448	3.684	.194
99226	Cilantro	.082	.002	.000	***	.000	.008	.006	.238	.003	23.953	.096	.163	.013	.010	.005	.327	37.043	63.826	20.348	.391	.005
99130	Onions, Granulated	1.333	.002	.000	.000	.000	.042	.013	1.457	.021	.222	.107	.338	.364	.077	.018	.019	12.667	109.253	1.200	.210	.460
10829	Sugar, Granulated 25# (Sysco)	3.709	.000	.000	***	.000	.000	.000	.010	.956	.000	.000	.010	.958	.000	.000	.000	.000	103.339	.000	.000	.922
99229	Jalapenos	.261	.003	.001	***	.000	.008	.002	.108	.037	9.686	1.066	.027	.058	.025	.005	.824	12.552	89.655	11.483	2.793	.036
99235	Onions, Red	1.597	.004	.002	***	.000	.044	.008	.918	.169	.080	.296	.160	.373	.068	.014	3.559	11.000	93.400	2.250	.945	.135
10815	Pepper, Cayenne Ground	.445	.024	.005	***	.000	.017	.011	.207	.014	58.229	.107	.042	.079	.038	.008	.011	15.107	71.233	48.877	9.226	.312
20414	Beef, Crumbles (Don Lee)	99.833	5.790	2.296	.000	38.935	11.581	1.198	3.994	.000	.000	.000	34.941	.000	.000	.000	.000	46.401	.000	52.199	20.698	.000
10312	Beans, Pinto (Danielson)	59.143	.000	.000	***	.000	2.953	.588	33.711	***	.000	.000	331.235	11.827	3.548	1.183	59.143	19.972	79.990	.000	.000	***

Recipe Report:



Item Nutrition Composition for Contribution Per One Serving (290.299)																						
Code	Ingredient Name	Cal (KCal)	Fat (g)	SFat (g)	TTr (g)	Chol (mg)	Pro (g)	Fe (mg)	Ca (mg)	Sugars (g)	Vit A (IU)	Vit C (mg)	Na (mg)	Carb (g)	TDF (g)	Ash (g)	Mois (g)	% Kcal From Pro	% Kcal From Carb.	% Kcal From Fat	% Kcal From SFat	% Weight from Total Sugars
99158	Vinegar - Apple Cider	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	***	***	.000	.000	.000	.000	.000
20912	Corn, Frozen 30#	18.225	.273	.023	.000	.000	.577	.109	.552	.818	45.009	.802	.276	4.370	.552	.000	.000	12.672	95.913	13.472	1.118	.654
13744	Seasoning Mix MUSD	13.723	.115	.011	.000	.000	.232	.329	7.900	1.852	63.640	.258	146.177	2.597	.276	.057	.062	6.761	75.701	7.523	.721	1.480
99144	Dressing, Italian	4.382	.146	.000	.000	.000	.000	.000	.000	.292	.000	.351	154.827	.584	.000	***	***	.000	53.337	30.002	.000	.282

Legend

*** = Missing Nutrient Values != Missing nutrient value in one or more of the ingredients	Carb = Carbohydrate	Vit A (IU) = Vitamin A-IU	Mois = Moisture
Cal = Calories	SFat = Saturated fat	TDF = Dietary Fiber	Disclaimer: Trans Fat Values are for informational purposes, not for monitoring purposes Some ingredients may have "as consumed" nutrients and yield factors applied to obtain an accurate nutrient analysis. Refer to the recipe for more information.
Pro = Protein	TTr* = Total Trans	Chol = Cholesterol	
Na = Sodium	Fe = Iron	Ca = Calcium	

Food Based Nutrition Summary

Ingredient Name	General			M/MA		V			F		B/G			D		
	Amount	Serving Type	Weight (g)	Value	Unit	Value	Unit	Subgroup	Value	Unit	Value	Unit	Subgroup	Value	Unit	Subgroup
	1	Serving	290.299	2	Oz eq	1	Cups		0		2	Oz eq		0	Cups	

Legend

M/MA	Meat / Meat Alternative	V	Vegetable
B/G	Bread / Grain	V Subgroup	DG= Dark Green, R/O= Red/Orange, B/P= Beans/Peas, S= Starchy, O= Other
B/G Subgroup	WGR= Whole Grain Rich, O= Other	D	Dairy (Milk)
F	Fruit	D Subgroup	FFF= Fat-Free Flavored, FFU= Fat-Free Unflavored, LFU= Low-Fat Unflavored
Oz eq	Ounce equivalent		