

## CONDIMENTS

## Monroe Township Board of Education

## Recipe Audit Report - Summary

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Feb 16, 2018

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals (kcal)	Total Fat (g)	Saturated Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)
000599 Balsamic Vinaigrette, Kens	Oz.	28	57	4.73 75.0%	4.73 75.0%	0	180	3.78 26.7%	0.00	2.83 20.0%	0.00 0.0%	0	0.0	0	0.00
000610 BBQ Sauce, Heinz	each	34	40	0.00 0.0%	0.00 0.0%	0	450	9.00 90.0%	0.50	7.00 70.0%	0.00 0.0%	200	0.0	0	0.00
000069 Ketchup, #10 Can	Oz.	28	40	0.00 0.0%	0.00 0.0%	0	324	10.12 100.0%	0.00	8.10 80.0%	0.00 0.0%	3037	21.1	0	1.46
000596 Mayo, Lite, Kraft	Oz.	28	66	6.61 90.0%	0.94 12.9%	9	189	1.89 11.4%	0.00	0.00 0.00%	0.00 0.0%	0	0.0	0	0.00
000597 Mustard	Oz.	28	21	1.25 52.8%	0.06 2.4%	0	355	1.81 34.1%	0.28	0.00 0.00%	1.33 25.1%	0	0.0	24	0.57
000134 Salad Dressing, Lt. Caesar	Oz.	28	66	5.67 77.1%	0.94 12.9%	0	520	2.83 17.1%	0.00	1.89 11.4%	0.94 5.7%	0	0.0	0	0.00
000133 Salad Dressing, Lt. Italian	Oz.	28	28	2.36 75.0%	0.00 0.0%	0	350	1.89 26.7%	0.00	1.89 26.7%	0.00 0.0%	0	0.0	0	0.00
000131 Salad Dressing, Lt. Ranch	Oz.	28	94	9.45 90.0%	1.42 13.5%	9	274	0.94 4.0%	0.00	1.89 8.0%	0.94 4.0%	0	0.0	0	0.00
000598 Salsa, Red Gold	Oz.	28	10	0.00 0.0%	0.00 0.0%	0	68	1.96 80.0%	0.98	0.98 40.0%	0.00 0.0%	489	5.9	20	0.35
000601 Sweet & Sour Sauce	each	57	84	0.00 0.0%	0.00 0.0%	0	129	21.55 102.0%	0.00	17.58 83.2%	0.00 0.0%	14	1.7	15	0.57

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.