

VEGETABLES

Monroe Township Board of Education

Recipe Audit Report - Summary

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)
000603 Asian Vegetable	1/2 Cup	47	16	0.03 1.5%	0.00 0.2%	0	13	2.73 69.5%	1.10	0.28 7.0%	0.95 24.3%	963	5.6	11	0.03
000249 Baked Beans	1/2 Cup	137	139	0.48 3.1%	0.09 0.6%	0	217	31.65 91.3%	5.20	14.12 40.7%	6.08 17.5%	137	1.0	44	1.61
000434 Broccoli: Steamed	3/4 Cup	92	26	0.11 3.9%	0.02 0.6%	0	10	4.92 76.4%	2.76	1.35 21.0%	2.85 44.3%	930	36.9	30	0.56
000130 Carrots, Baby Raw	Each	85	30	0.11 3.3%	0.02 0.6%	0	66	7.01 94.2%	2.47	4.05 54.4%	0.54 7.3%	11728	2.2	27	0.76
000260 Carrots: canned, cooked	1/2 Cup	124	30	0.00 0.0%	0.00 0.0%	0	141	7.06 93.3%	3.03	5.04 66.7%	1.01 13.3%	6050	1.2	40	0.36
000261 Carrots: frozen	1/2 Cup	73	27	0.50 16.5%	0.09 2.9%	0	43	5.64 83.6%	2.41	2.98 44.1%	0.42 6.3%	12357	1.7	26	0.39
000270 Corn: canned, yellow	1/2 Cup	125	60	1.50 22.5%	0.00 0.0%	0	10	9.02 60.0%	2.00	7.01 46.7%	2.00 13.3%	0	3.6	0	0.36
000271 Corn: frozen, yellow	1/2 Cup	83	67	0.55 7.4%	0.08 1.1%	0	1	15.92 95.3%	1.98	2.53 15.2%	2.10 12.6%	164	2.9	2	0.39
000487 French Fries Tator Pals	3/4 Cup	128	225	9.00 36.0%	2.25 9.0%	0	38	33.00 58.7%	3.00	0.00 0.00%	3.00 5.3%	0	5.4	0	0.54
000608 Green Beans W/ Tomato	1/2 Cup	185	38	0.10 2.4%	0.03 0.6%	0	126	8.78 93.4%	3.47	*1.20* *12.8%*	1.51 16.1%	305	4.5	41	1.97
000424 Green Beans: canned,cooked	1/2 Cup	120	20	0.00 0.0%	0.00 0.0%	0	100	5.02 100.0%	2.01	1.00 20.0%	1.00 20.0%	0	0.0	10	1.08
000426 Green Beans: frozen	1/2 Cup	68	19	0.11 5.5%	0.03 1.4%	0	1	4.35 92.1%	2.03	1.27 26.9%	1.01 21.3%	283	2.8	28	0.45
000452 Hash Browns	Each	126	240	12.00 45.0%	2.00 7.5%	0	500	30.00 50.0%	2.00	0.00 0.00%	2.00 3.3%	0	2.4	0	0.00
000418 Mashed Potatoes W/ Gravy	1/2 Cup	150	87	2.05 21.2%	0.23 2.3%	0	359	16.06 73.9%	1.03	*0.60* *2.8%*	1.74 8.0%	40	6.4	9	0.31
000565 Peas, Canned	1/2 Cup	125	70	0.50 6.4%	0.00 0.0%	0	140	12.02 68.6%	3.01	6.01 34.3%	4.01 22.9%	301	12.0	20	1.44
000040 Peas: frozen,boiled	1/2 Cup	80	62	0.22 3.1%	0.04 0.6%	0	58	11.41 73.1%	3.60	3.52 22.6%	4.12 26.4%	1680	7.9	19	1.22
000410 Potato Triangles	Each	114	200	9.00 40.5%	1.00 4.5%	0	560	28.00 56.0%	2.00	2.00 4.0%	2.00 4.0%	0	2.4	0	0.00
000473 Refried Beans, Can	1/2 C.	122	112	0.00 0.0%	0.00 0.0%	0	131	20.57 73.3%	6.55	0.00 0.00%	6.55 23.3%	0	2.2	19	1.68
000443 Salad Mesclun	Cup	50	10	0.00 0.0%	0.00 0.0%	0	0	2.00 80.0%	1.00	0.00 0.00%	1.00 40.0%	1822	2.0	0	3.79
000139 Salad Romaine Salad Mix	Cup	60	9	0.00 0.0%	0.00 0.0%	0	6	1.85 82.2%	1.00	1.00 44.4%	0.90 40.0%	2225	6.6	15	0.45
000442 Salad Spinach	Cup	51	8	0.00 0.0%	0.00 0.0%	0	15	1.50 70.6%	1.00	0.50 23.5%	1.00 47.1%	1575	5.1	20	0.63
000141 Salad Tossed: no dressing	Cup	92	16	0.14 7.7%	0.02 1.0%	0	15	3.54 87.8%	1.29	2.15 53.4%	0.86 21.4%	1868	5.8	19	0.39

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.

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000609 Sweet Potato Fries	1/2 Cup	113	206	10.12 44.1%	1.31 5.7%	0	166	40.35 78.2%	6.46	14.63 28.4%	2.45 4.7%	9836	8.5	59	0.87
000445 Sweet Potatoes, Orange Glaze	1/2 Cup	114	148	2.96 18.0%	0.55 3.3%	0	67	29.33 79.5%	3.11	*5.83* *15.8%*	1.34 3.6%	*128*	13.7	21	0.99
000073 Tomato Soup	Cup	227	90	0.00 0.0%	0.00 0.0%	0	480	20.00 88.9%	1.00	12.00 53.3%	2.00 8.9%	400	6.0	0	0.72
000440 Vegetable Normany	1/2 Cup	85	22	0.10 4.1%	0.00 0.0%	0	18	4.30 78.2%	2.30	1.40 25.5%	1.80 32.7%	1150	25.2	20	0.36
000441 Waxed Beans Frz.	1/2 Cup	83	30	0.00 0.0%	0.00 0.0%	0	0	5.00 66.7%	2.00	2.00 26.7%	1.00 13.3%	0	3.6	40	0.36

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