

Shrimp Cocktail (Shrimp Cocktail)

COOK METHOD	SERVING SIZE	ALLERGIES
Make	1/2 Cup	ⓘ Contains: AllergenCrustacean; AllergenShellfish; Citrus; Lemon; Tomato

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	SODIUM	SATURATED FAT
110 kcal	19 g	9 g	0.5 g	830 mg	0 g

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	25	40	60	75		
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Shrimp, IQF Tail-on 31-40 ct	1 lb 12 Oz	2 lb 13 Oz	4 lb 3 Oz	5 lb 4 Oz		Defrost Shrimp under refrigeration. Wash and core Lettuce. Chop or shred Lettuce. Wedge Lemons.
2 Lettuce, Iceberg	1 lb 8 Oz	2 lb 6 Oz	3 lb 10 Oz	4 lb 8 Oz		
Lemon, Fresh	1 lb	1 lb 10 Oz	2 lb 6 Oz	3 lb	Cut into Wedges	
3 Sauce, Cocktail	1 1/2 Qt	2 1/2 Qt	3 1/2 Qt	1 Gal 1 Cup		Place 1/4 C shredded Lettuce in cocktail dish. Place 6 Shrimp tail up along outside rim of dish. Place dollop of Cocktail Sauce in center. Garnish with Lemon wedge.
4						CCP -- Maintain <40F/4C; discard unused product.

Nutrient Summary: Shrimp Cocktail (Shrimp Cocktail)

Serving Size: 1/2cup (134.71gm) | **Allergens:** AllergenShellfish, Citrus, AllergenCrustacean, Shrimp, Lemon/Lemon Flav, Lemon, Lemon, Tomato, Greens, leafy, Shrimp, Shellfish, shrimp, shrimp, AllergenShrimp

MacroNutrients	
Insoluble Fiber	0 g
Added Sugar	0 g
Carbohydrates	19 g
Calories	110 kcal
Total Sugars	13 g
Total Fat	0.5 g
Total Dietary Fiber	1 g
Insoluble Fiber	0 g
Protein	9 g
Alcohol	0 g
Water	104.36 g
Caffeine	0 mg
Soluble Fiber	0 g

Minerals	
Magnesium	22.59 mg
Calcium	50 mg
Iron	0.75 mg
Potassium	300 mg
Sodium	830 mg
Zinc	0.67 mg
Phosphorus	120.48 mg
Copper	0.14 mg
Manganese	0.1 mg

Vitamins	
Vitamin A	50.54 RE
Vitamin B12	0.53 mcg
Vitamin C	12.74 mg
Vitamin D	0 mcg
Vitamin K	8.41 mcg
Vitamin E	1.62 mg
Thiamin (B1)	0.03 mg
Riboflavin (B2)	0.11 mg
Niacin (B3)	1.73 mg
Pantothenic Acid	0.25 mg
Vitamin B6	0.19 mg
Total Folacin	22.69 mcg

Fatty Acids	
Oleic FA	0.08 g
Polyunsaturated Fat	0.25 g
Trans Fats	0.01 g
Saturated Fat	0 g
Linoleic FA	0.1 g
Cholesterol	70 mg
Monounsaturated Fat	0.13 g

Other Information

Calories from Carbohydrates	66%	Calories from Fat	5%	Calories from Protein	29%
Ply/SatFat	1.32:1	Sodium/Potassium	2.96:1	Calcium/Phosphorus	0.39:1

Cheese Brie in Phyllo w/Fruit (Baked Brie in Phyllo)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
425.0 °F	Bake	6 Oz	ⓘ Contains: AllergenMilk; AllergenSulphites; AllergenWheat; Pear; Raspberry

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	SODIUM	SATURATED FAT
330 kcal	44 g	12 g	13 g	460 mg	6 g

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	25	40	60	75		
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Grapes, Green Seedless	1 lb 12 Oz	2 lb 13 Oz	4 lb 3 Oz	5 lb 4 Oz		Wash all Fruit. Separate Grapes into bunches. Slice Apples and Pears into wedges. Chill. Tear Bread into pieces. Cover until ready to serve.
Grapes, Red Seedless	1 lb 12 Oz	2 lb 13 Oz	4 lb 3 Oz	5 lb 4 Oz		
2 Apple, Red Delicious	1 lb 12 Oz	2 lb 13 Oz	4 lb 3 Oz	5 lb 4 Oz		
Pears, Fresh	1 lb 12 Oz	2 lb 13 Oz	4 lb 3 Oz	5 lb 4 Oz		
Bread, French Loaf	1 lb 12 Oz	2 lb 13 Oz	4 lb 3 Oz	5 lb 4 Oz		
3						CCP -- Maintain <40F/4C; discard unused product.

Cheese Brie in Phyllo w/Fruit (Baked Brie in Phyllo)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		25	40	60	75		
4	Dough, Phyllo Frz	6.5 Oz	10 Oz	15 Oz	1 lb 3 Oz	Thawed	Brush each sheet of Phyllo Dough with melted Margarine. Wrap Cheese in Phyllo Dough, turning over after each sheet to ensure even distribution. Brush wrapped Cheese with melted Margarine.
	Margarine, Solids	1/3 Cup	2/3 Cup	1.0 Cup	1 1/8 Cup	Melted	
	Cheese, Brie	1 lb 12 Oz	2 lb 13 Oz	4 lb 3 Oz	5 lb 4 Oz		
5	Jam/Preserves, Raspberry Bulk	3 Tbsp	1/3 Cup	1/2 Cup	2/3 Cup		Spread Preserves on top of Cheese. Cover and refrigerate until ready to bake.
6							Place Phyllo-wrapped Cheese in shallow baking pan. Bake at 425F for 8-10 min or until golden. Let stand 10 minutes.
7							For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
8							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
9	Dill, Fresh	6.5 Oz	10 Oz	15 Oz	1 lb 3 Oz		Arrange plate(s) attractively. Garnish Cheese in Phyllo with Fruit, Bread, and fresh Dill.
10							CCP -- Maintain <40F/4C; discard unused product.
11							Cook Time: 8-10 min

Nutrient Summary: Cheese Brie in Phyllo w/Fruit (Baked Brie In Phyllo)

Serving Size: 6oz (210.56gm) | **Allergens:** AllergenMilk, AllergenWheat, AllergenSulphites, Raspberry, Pear, cheese, Fruit, Raw/Fresh, Hulls/Peels, Cheese, Hard, Lactose Restricted, Milk & Milk Product, Grapes/Raisins, Gluten, Grape, grapes, Grapes, Cheese, Lactose, Grape, Gluten, Seeds, Grape, Dill

MacroNutrients	
Insoluble Fiber	0 g
Added Sugar	0 g
Carbohydrates	44 g
Calories	330 kcal
Total Sugars	19 g
Total Fat	13 g
Total Dietary Fiber	3 g
Insoluble Fiber	0 g
Protein	12 g
Alcohol	0 g
Water	140.56 g
Caffeine	0 mg
Soluble Fiber	0 g

Minerals	
Magnesium	29.86 mg
Calcium	125 mg
Iron	2.5 mg
Potassium	350 mg
Sodium	460 mg
Zinc	1.28 mg
Phosphorus	123.67 mg
Copper	0.19 mg
Manganese	0.39 mg

Vitamins	
Vitamin A	113.45 RE
Vitamin B12	0.53 mcg
Vitamin C	11.11 mg
Vitamin D	0.6 mcg
Vitamin K	15.59 mcg
Vitamin E	0.89 mg
Thiamin (B1)	0.34 mg
Riboflavin (B2)	0.41 mg
Niacin (B3)	2.25 mg
Pantothenic Acid	0.48 mg
Vitamin B6	0.2 mg
Total Folacin	81.31 mcg

Fatty Acids	
Oleic FA	3.7 g
Polyunsaturated Fat	1.58 g
Trans Fats	0.2 g
Saturated Fat	6 g
Linoleic FA	1.28 g
Cholesterol	35 mg
Monounsaturated Fat	4.2 g

Other Information					
Calories from Carbohydrates	52%	Calories from Fat	35%	Calories from Protein	14%

Ply/SatFat	0.25:1	Sodium/Potassium	1.35:1	Calcium/Phosphorus	0.83:1
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* *Indicates 1 or more Unreported values*

Mushrooms Cremini Stuffed (Stuffed Mushrooms)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
25 Min	350.0 °F	Bake	7 Oz	ⓘ Contains: AllergenEggs; AllergenMilk; AllergenWheat; Carrots; Mushroom; Onion

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	SODIUM	SATURATED FAT
150 kcal	19 g	11 g	5 g	280 mg	2.5 g

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	25	40	60	75		
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Mushrooms, Cremini Fresh	5 lb 10 Oz	9 lb	13 lb 8 Oz	16 lb 14 Oz		Clean mushrooms. Remove stems and reserve. Remove mushroom gills and set aside caps.
3 Onion, Yellow	14 Oz	1 lb 6 Oz	2 lb 2 Oz	2 lb 10 Oz	Minced	Finely mince onion, carrot, zucchini, garlic, and mushroom stems in blender or food processor. Saute on med-low heat until vegetables become tender. Drain excess water from the mix and chill.
Carrot, Fresh	14 Oz	1 lb 6 Oz	2 lb 2 Oz	2 lb 10 Oz	Minced	
Zucchini, Frz	14 Oz	1 lb 6 Oz	2 lb 2 Oz	2 lb 10 Oz	Diced	
Garlic, Fresh	3 Oz	4.5 Oz	7 Oz	8.5 Oz	Chopped	
4						CCP -- Maintain <40F/4C; discard unused product.

Mushrooms Cremini Stuffed (Stuffed Mushrooms)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		25	40	60	75		
5	Sage, Fresh	2 Tbsp 2 tsp	1/4 Cup	1/3 Cup	1/2 Cup	Minced	Combine vegetables with remaining ingredients and mix.
	Thyme, Fresh	2 Tbsp 2 tsp	1/4 Cup	1/3 Cup	1/2 Cup		
	Egg, Liquid Frz	1 1/4 Cup	2 Cup	3 Cup	3 3/4 Cup		
	Cheese, Parmesan Grated	1 1/4 Cup	2 Cup	3 Cup	3 3/4 Cup		
	Cheese, Mozzarella Shredded	2 1/2 Cup	1 Qt	1 1/2 Qt	2.0 Qt		
	Pepper, Black Ground	3 tsp	1 Tbsp 2 tsp	2 Tbsp 1 tsp	2 Tbsp 2 tsp		
	Bread Crumbs, Plain	2 1/2 Cup	1 Qt	1 1/2 Qt	2.0 Qt		
6						Mold the stuffing mixture into each mushroom cap. Add a small amount of water on the bottom of the pan and bake 20-30 min. Remove from oven when caps have become tender.	
7						Casseroles & Reheated Leftovers: Cook to internal temp of 165F/74C held for 15 sec.	

Mushrooms Cremini Stuffed (Stuffed Mushrooms)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		25	40	60	75		
8							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
9							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
10							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

Nutrient Summary: Mushrooms Cremini Stuffed (Stuffed Mushrooms)

Serving Size: 7oz (192.77gm) | **Allergens:** AllergenWheat, Mushroom, AllergenMilk, AllergenEggs, Lactose Restricted, Pepper (spice), cheese, Cheese, Hard, Carrots, Milk & Milk Product, Gluten, Onion, Allergen Sage2, Lactose, Gluten, Sage, Raw Carrot

MacroNutrients	
Insoluble Fiber	0 g
Added Sugar	0 g
Carbohydrates	19 g
Calories	150 kcal
Total Sugars	4 g
Total Fat	5 g
Total Dietary Fiber	2 g
Insoluble Fiber	0 g
Protein	11 g
Alcohol	0 g
Water	156.24 g
Caffeine	0 mg
Soluble Fiber	0 g

Minerals	
Magnesium	27 mg
Calcium	225 mg
Iron	2 mg
Potassium	650 mg
Sodium	280 mg
Zinc	2.13 mg
Phosphorus	267.72 mg
Copper	0.59 mg
Manganese	0.46 mg

Vitamins	
Vitamin A	183.4 RE
Vitamin B12	0.42 mcg
Vitamin C	4.23 mg
Vitamin D	0.6 mcg
Vitamin K	12.12 mcg
Vitamin E	0.31 mg
Thiamin (B1)	0.25 mg
Riboflavin (B2)	0.69 mg
Niacin (B3)	4.91 mg
Pantothenic Acid	1.95 mg
Vitamin B6	0.25 mg
Total Folacin	58.05 mcg

Fatty Acids	
Oleic FA	1.32 g
Polyunsaturated Fat	0.66 g
Trans Fats	0.05 g
Saturated Fat	2.5 g
Linoleic FA	0.56 g
Cholesterol	60 mg
Monounsaturated Fat	1.46 g

Other Information

Calories from Carbohydrates	45%	Calories from Fat	29%	Calories from Protein	26%
Ply/SatFat	0.27:1	Sodium/Potassium	0.42:1	Calcium/Phosphorus	0.76:1