

Steamed Squash (Ouachita)

Recipe: 000144 STEAMED SQUASH

Recipe Source: LCM OUACHITA
 Recipe Group: VEGETABLES

Recipe HACCP Process:

Alternate Recipe Name:
 Number of Portions: 118
 Size of Portion: 1/2 cup

011284 ONIONS,DEHYDRATED FLAKES..... 011473 SQUASH,SMMR,CROOKNECK&STRAIGHTNECK,FRZ,UNPREP... 900042 MARGARINE,REG,HARD,SOYBN (HYDR)&CTTNSD..... 002047 SALT,TABLE.....	1 CUP 30 LB 1 LB 4 TSP	1. Combine all ingredients in pans and steam uncovered 25 minutes at 7 lb PSI. 2. Place in warmer and serve with a no. 8 scoop for a 1/2 cup serving.
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*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	53 kcal	Cholesterol	0.00 mg	Sugars	*0.25* g	Calcium	23.70 mg	55.27%	Calories from Total Fat
Total Fat	3.26 g	Sodium	120.99 mg	Protein	1.05 g	Iron	0.56 mg	11.03%	Calories from Saturated Fat
Saturated Fat	0.65 g	Carbohydrates	6.13 g	Vitamin A	459.36 IU	Water ¹	108.64 g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	1.45 g	Vitamin C	7.90 mg	Ash ¹	0.97 g	46.24%	Calories from Carbohydrates
								7.93%	Calories from Protein

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
¹ - denotes optional nutrient values
² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

Miscellaneous	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt..... oz		Y - Soy		? - Milk
Grain..... oz				? - Egg
Fruit..... cup				? - Peanut
Vegetable..... 0.500 cup				? - Tree Nut
Milk..... cup				? - Fish
Moisture & Fat Change				? - Shellfish
Moisture Change. 0%				? - Wheat
Fat Change..... 0%				
Type of Fat.....				

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	011284	ONIONS,DEHYDRATED FLAKES			

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.

Steamed Squash (Ouachita)

I	011473	SQUASH,SMMR,CROOKNECK&STRAIGHTNE			
I	900042	MARGARINE,REG,HARD,SOYBN (HYDR)&CTT			
I	002047	SALT,TABLE			

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