

The John Stalker Institute of Food and Nutrition

Sizing Prep Report

990033 - Chicken Shawarma

Recipe HACCP Process: #2 Same Day Service

Source: JSI Recipe

Number of Portions: 50

Portion Size: 2 oz

Ingredient #	Ingredient Name	Measurements	Instructions
004053	OIL,OLIVE,SALAD OR COOKING	1 1/2 CUP + 1 TBSP	1. In a bowl, whisk olive oil, lemon juice and all other dry ingredients. Set marinade aside.
009152	LEMON JUICE,RAW	1/2 CUP + 1 tsp	
002028	PAPRIKA	2 TBSP + 2 3/8 TSP	
002001	ALLSPICE,GROUND	1 TBSP + 1 1/8 TSP	
002020	GARLIC POWDER	1 TBSP + 1 1/8 TSP	
799902	CUMIN,GROUND	1 tbsp + 1 1/8 TSP	
002043	TURMERIC,GROUND	1 TBSP + 1 1/8 TSP	
002010	CINNAMON,GROUND	1 TBSP + 1 1/8 TSP	
002047	SALT, TABLE	1 TBSP + 1 1/8 tsp	
075013	CHICKEN BREAST,Boneless,Skinless (avg 4 oz)	8 LB + 6 oz (raw,yield included)	
			3. Preheat oven to 375F.
			4. Line a sheet pan with parchment paper. Place chicken on parchment and bake until chicken reaches 165F.
			CCP: Heat to 165° F or higher for at least 15 seconds
			CCP: Hold for hot service at 135° F or higher
			Yield
			1 lb. raw chicken = .73 lb.cooked

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 required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® 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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Ingredient #	Ingredient Name	Measurements	Instructions
			Serving 1 serving - 2 oz equivalent Meat/Meat Alternate

*Nutrients are based upon 1 Portion Size (2 oz)

Calories ¹	113.701 kcal	Total Fat	8.275 g	Total Dietary Fiber	0.389 g	Vitamin C	1.076 mg	65.502% Calories from Total Fat
Saturated Fat ¹	1.481 g	Trans Fat ²	*0.000* g	Protein	8.956 g	Iron	0.785 mg	11.720% Calories from Sat Fat
Sodium ¹	208.913 mg	Cholesterol	22.819 mg	Vitamin A	200.048 IU	Water	2.490 g	*0.001%* Calories from Trans Fat
Sugars	*0.123* g	Carbohydrate	1.104 g	Calcium	11.955 mg	Ash	0.589 g	3.885% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			31.507% Calories from Protein
Type of Fat	-							

Components					
Meat/Meat ALT	2 oz eq	Grain	oz eq	Fruit	cup
		Vegetable	cup	Milk	cup

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