



# *Chicken Shawarma*

# 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 1/2 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)	2. Place chicken in shallow pan. Pour marinade over chicken and coat evenly. Cover the pan with plastic wrap and place in the refrigerator for at least 30 minutes.
			3. Preheat oven to 375F.
			4. Line a sheet pan with parchment paper. Place chicken on parchment and bake until chicken reaches 165F. Cut chicken into thin strips to fill pita pockets.  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

<sup>1</sup> - denotes required nutrient values

<sup>2</sup> - 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 <sup>1</sup>	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 <sup>1</sup>	1.481 g	Trans Fat <sup>2</sup>	*0.000* g	Protein	8.956 g	Iron	0.785 mg	11.720% Calories from Sat Fat
Sodium <sup>1</sup>	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

\*Note: Choose USDA foods whenever available to save on cost.

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