



Tzatziki

The John Stalker Institute of Food and Nutrition

Sizing Prep Report

990031 - Tzatziki

Recipe HACCP Process: #1 No Cook

Source: JSI Recipe

Number of Portions: 50

Portion Size: 2 oz

Ingredient #	Ingredient Name	Measurements	Instructions
011205	CUCUMBER,WITH PEEL,RAW	2 lb + 1 1/3 oz	1. Wash cucumber. 2. Over a bowl, grate cucumber. Sprinkle salt over grated cucumber and let sit for 5 minutes. 3. Place grated cucumber on a clean thin cloth. Gather ends of cloth and twist. Squeeze cucumber to remove excess liquid. Discard liquid. 4. Place cucumber in a clean bowl and set aside.
002047	SALT, TABLE	1 Tbsp + 1 1/8 tsp	
011215	GARLIC,RAW	12 1/2 (cloves)	5. Finely chop garlic cloves and dill. 6. Into the cucumber mix lemon juice,garlic,dill,black pepper,and yogurt. Mix until combined. 7. Place in refrigerator CCP: Cool to 41° F or lower within 4 hours.
002045	DILL WEED,FRSH	1/4 cup + 1/2 tsp (sprigs)	
009152	LEMON JUICE,RAW	1/2 cup + 1 tsp	
002030	PEPPER,BLACK	1 tsp	
001287	YOGURT,GREEK,PLN,LOWFAT	4 lb + 2 2/3 oz	
			8. Portion with a No. 16 scoop (2 oz)
			Serving 1 serving (No. 16 scoop) provides .25 oz equivalent meat/meat alternate

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

Calories ¹	34.472 kcal	Total Fat	0.766 g	Total Dietary Fiber	0.162 g	Vitamin C	2.557 mg	19.996% Calories from Total Fat
Saturated Fat ¹	0.476 g	Trans Fat ²	0.023 g	Protein	4.042 g	Iron	0.117 mg	12.417% Calories from Sat Fat
Sodium ¹	207.465 mg	Cholesterol	3.780 mg	Vitamin A	140.821 IU	Water	53.294 g	0.593% Calories from Trans Fat
Sugars	*1.748* g	Carbohydrate	3.126 g	Calcium	51.131 mg	Ash	0.851 g	36.276% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			46.902% Calories from Protein
Type of Fat	-							

Components

Meat/Meat ALT	.25 oz eq	Grain	oz eq	Fruit	cup	Vegetable	cup	Milk	cup
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Allergens

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

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