

# Menu Report

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Menu: Mardi Gras Mambo

Total Days: 1

Total Foods: 9

Avg. Daily Cals: 812.00

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Day	Meal	Food	Amt/Portion	Wt
Day 1				910.047
		123 Creole Chicken	2.000 OUNCE	129.738
		32 Red Beans and Rice	3.000 OUNCE	124.059
		33 Cooked Rice	0.500 CUP	84.005
		45 Tossed Green Salad	3.000 OUNCE	92.988
		135 Low Fat French Salad Dressing	2.000 TBSP	32.600
		35 Whole Wheat Garlic Toast	1.000 PIECE	32.946
		117 Bread Pudding	0.500 CUP	153.088
		118 Rum Sauce for Bread Pudding	1.000 TBSP	16.623
		51 Reduced Fat Milk, 2%	8.000 FL OZ	244.000

# Mardi Gras Mambo

Menu Nutrient Analysis

Goal: DRI: RDA/AI-MALE-70+ YEARS

Company:

Days: 1

Kcals / Day: 812

Cycle Length: 1 week

Foods: 9

Feeding Figure: 100

Nutrient	Value	Goal	% Goal	Nutrient	Value	Goal	% Goal
Kilocalories (kcal)	812.253	2000.000	41%	Zinc (mg)	4.498	11.000	41%
Protein (gm)	47.283	70.000	68%	Copper (mg)	0.513	0.900	57%
Carbohydrate (gm)	120.921	300.000	40%	Manganese (mg)	1.821	2.300	79%
Fat, total (gm)	16.852	65.000	26%	Selenium (mg)	0.052	0.055	95%
Alcohol (gm)				Fluoride (µg)	112.035	4.000	2801%
Cholesterol (mg)	65.772	300.000	22%	Chromium (mg)	0.017	30.000	0%
Saturated Fat (gm)	4.941	20.000	25%	Molybdenum (µg)	17.428	45.000	39%
Monounsaturated Fat (gm)	4.499	25.000	18%	Dietary Fiber, total (gm)	11.387	25.000	46%
Polyunsaturated Fat (gm)	4.587	20.000	23%	Soluble Fiber (gm)			
MFA 18:1, Oleic (gm)				Insoluble Fiber (gm)			
PFA 18:2, Linoleic (gm)				Crude Fiber (gm)			
PFA 18:3, Linolenic (gm)				Sugar, total (gm)			
PFA 20:5, EPA (gm)				Glucose (gm)			
PFA 22:6, DHA (gm)				Galactose (gm)			
Sodium (mg)	1223.690	2400.000	51%	Fructose (gm)			
Potassium (mg)	1714.199	3500.000	49%	Sucrose (gm)			
Vitamin A (RE)	499.230	900.000	55%	Lactose (gm)			
Vitamin A (IU)	3409.489	4500.000	76%	Maltose (gm)			
Beta-Carotene (µg)				Tryptophan (mg)			
Vitamin C (mg)	39.438	90.000	44%	Threonine (mg)			
Calcium (mg)	573.070	1200.000	48%	Isoleucine (mg)			
Iron (mg)	9.664	8.000	121%	Leucine (mg)			
Vitamin D (ug)	3.827	15.000	26%	Lysine (mg)			
Vitamin D (IU)	153.087	600.000	26%	Methionine (mg)			
Vitamin E	2.692	15.000	18%	Cystine (mg)			
Vitamin E (IU)				Phenylalanine (mg)			
Alpha-Tocopherol (mg)				Tyrosine (mg)			
Thiamin (mg)	0.683	1.100	62%	Valine (mg)			
Riboflavin (mg)	0.939	1.100	85%	Arginine (mg)			
Niacin (mg)	10.877	14.000	78%	Histidine (mg)			
Pyridoxine/Vit B6 (mg)	0.771	1.500	51%	Alanine (mg)			
Folate (µg)	214.872	400.000	54%	Aspartic Acid (mg)			
Cobalamin/Vit B12 (µg)	1.576	2.400	66%	Glutamic Acid (mg)			
Biotin (µg)	10.416	30.000	35%	Glycine (mg)			
Pantothenic Acid (mg)	3.212	5.000	64%	Proline (mg)			
Vitamin K (µg)	33.812	90.000	38%	Serine (mg)			
Phosphorus (mg)	768.631	700.000	110%	Moisture (gm)			
Iodine (µg)		150.000		Ash (gm)			
Magnesium (mg)	155.315	420.000	37%	Caffeine (mg)			

## Daily Average

## % of Kcals

Protein	23%
Carbohydrate	59%
Fat, total	18%
Alcohol	0%

## Exchanges

Bread/Starch	3.0
Fruit	
Other Carbohydrate	.5
Milk - Skim	
Milk - Low Fat	1.0
Milk - Whole	
Vegetable	
Meat - Very Lean	1.5
Meat - Lean	
Meat - Medium Fat	
Meat - High Fat	
Fat	



# Recipe Report - Creole Chicken

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Food ID: 123  
Source: Custom

Portion/Amount: 2.00 OUNCE

Servings: 100.00

Kcals / Serving: 82

No. Ingredients: 7

## Preparation

None

Preparation Time: 0

Cooking Time:

Cooking Temp: deg F

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Ingredient	Wt
Creole Chicken	12973.839
12.5 POUND Chicken Breast, Meat Only, Raw	5670.000
12.75 POUND Red Tomato, Ripe, Stewed, Canned	5783.400
1.5 QUART Onions, Chopped, Frozen	600.000
1.5 QUART FLAV-R-PAC Diced Green Peppers, Frozen	664.000
1 TSP Ground Black Pepper	2.100
.5 CUP Distilled Vinegar	118.259
.5 CUP Worcestershire Sauce	136.080

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## **Instructions:**

Instructions...

Place chicken in baking pans and bake for 30 minutes or until browned. Meanwhile, simmer remaining ingredients, at least 30 minutes. Pour sauce over chicken. Cover and bake for 1 to 1.5 hours until chicken is thoroughly cooked.

Serving size is about 2 ox. chicken with 1/4 cup sauce.



# Recipe Report - Red Beans and Rice

Food ID: 32      Portion/Amount: 3.00 OUNCE      Servings: 100.00      Kcals / Serving: 165      No. Ingredients: 6  
 Source: Custom

## Preparation

Boiled-Drained  
 Preparation Time: 0  
 Cooking Time:  
 Cooking Temp:            deg F

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Ingredient	Wt
Red Beans and Rice	12405.944
8 lb dry kidney beans	8636.544
2 POUND Onions, Chopped	907.200
1 POUND Celery, Diced	453.600
.25 POUND Garlic Clove	113.400
.5 CUP Dried Parsley	7.200
5 POUND MR. TURKEY Smoked Sausage	2288.000

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## **Instructions:**

For 100 servings: Sort beans; wash, if needed. Add beans to 3 1/2 gal boiling water. Boil 2 minutes. Remove from heat. Cover and let soak 1 hour or if more convenient, cool and let stand overnight in refrigerator. Cook in soaking liquid. Add turkey sausage, onion, celery, garlic, and salt and cook until beans and vegetables are tender (2 hr). Add boiling water, if needed. Serve over cooked rice. Serving size: 3 ounces.



# Recipe Report - Tossed Green Salad

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Food ID: 45  
Source: Custom

Portion/Amount: 3.00 OUNCE

Servings: 100.00

Kcals / Serving: 17

No. Ingredients: 9

## Preparation

None

Preparation Time: 0

Cooking Time:

Cooking Temp: deg F

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Ingredient	Wt
Tossed Green Salad	9298.799
7 POUND Iceberg Lettuce	3175.200
7 POUND Romaine Lettuce, Shredded	3175.200
1 POUND Celery, Diced	453.600
1 POUND Zucchini Summer Squash	453.600
1 POUND Green Bell or Sweet Pepper	453.600
1 POUND Scallions, Green or Spring Onions	453.600
1 POUND Green Peas, Frozen	453.600
1 POUND Cucumber with Peel and Seeds	453.600
.5 POUND Parsley, Chopped	226.800

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## Instructions:

Instructions...Wash greens thoroughly and drain. Tear into bite-sized pieces. Add remaining salad ingredients to greens. Chill. Add dressing to salad just before serving and toss lightly. Portion into individual bowls, approximately 3 oz. weight per serving



# Recipe Report - Whole Wheat Garlic Toast

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Food ID: 35  
Source: Custom

Portion/Amount: 1.00 PIECE

Servings: 100.00

Kcals / Serving: 102

No. Ingredients: 3

## Preparation

None

Preparation Time: 0

Cooking Time:

Cooking Temp: deg F

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Ingredient	Wt
Whole Wheat Garlic Toast	3294.600
100 SLICE Whole Wheat Bread	2835.000
2 CUP Margarine, Soft	451.200
1.000 TBSP Garlic Powder	8.400

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## **Instructions:**

Instructions...Spread margarine (1 tsp per serving) evenly over bread and sprinkle lightly with garlic powder. Use more or less garlic powder as desired.



# Recipe Report - Bread Pudding

Food ID: 117      Portion/Amount: 0.50 CUP      Servings: 100.00      Kcals / Serving: 152      No. Ingredients: 7  
 Source: Custom

## Preparation

None  
 Preparation Time: 0  
 Cooking Time:  
 Cooking Temp:            deg F

Ingredient	Wt
Bread Pudding	15308.801
10 CUP Egg Substitute, Liquid	2510.000
2.5 POUND White Granulated Sugar	1134.000
2 QUART Nonfat, Skim or Fat Free Milk	1960.000
.25 CUP Vanilla Extract	50.400
2 GALLON Nonfat, Skim or Fat Free Milk	7840.000
2.000 POUND White Bread	907.200
2 POUND Raisins, Seedless	907.200

## **Instructions:**

Instructions...

Beat egg substitute slightly with wire whip attachment. Add sugar, cold milk (2 qt.) and vanilla. Scald milk (2 gal) by bringing to point just below boiling. Add to egg mixture and blend. Pour this mixture over 2 pounds of dry bread cubes (made from day old bread) which have been sprinkled with 2 pounds raisins. Let stand until bread is softened. Pour into baking pans sprayed with Pam and bake at 325 degrees F for about 40 minutes or until custard has set.

In lieu of bourbon sauce serve with 1 tablespoon rum flavored sauce:



# Recipe Report - Rum Sauce for Bread Pudding

Food ID: 118  
Source: Custom

Portion/Amount: 1.00 TBSP

Servings: 100.00

Kcals / Serving: 29

No. Ingredients: 5

## Preparation

None

Preparation Time: 0

Cooking Time:

Cooking Temp: deg F

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Ingredient	Wt
Rum Sauce for Bread Pudding	1662.280
1.3 POUND White Granulated Sugar	589.680
.5 CUP Cornstarch	64.000
1 QUART Tap Water	948.000
.25 CUP Margarine, Soft	56.400
1 TSP Vanilla Extract	4.200

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## **Instructions:**

Instructions...

Combine sugar and cornstarch. Gradually add the boiling water, stirring constantly until thickened. Remove from heat. Add margarine, vanilla and 3 tablespoons rum flavoring or vanilla extract. Stir to blend.

Serve 1 tablespoon sauce over 1/2 cup bread pudding.