



### AMEND RECIPE DETAILS

MASTER RECIPE

RECIPE HEALTHY EATING SCORE

- CN = CONTAINS NUTS
- FSM = FREE SCHOOL MEALS
- HE = HEALTHY EATING

RECIPE TYPE

LINE ITEM	DESCRIPTION	UNITS OF USE	QUANTITY	COST	
<input type="text" value="1"/>	<input type="text" value="FV010"/>	<input type="text" value="JACKET POTATOES"/>	<input type="text" value="EACH"/>	<input type="text" value="45"/>	<input type="text" value="7.8750"/>
<input type="text" value="2"/>	<input type="text" value="CV001"/>	<input type="text" value="BAKED BEANS - 2.6KG"/>	<input type="text" value="KG"/>	<input type="text" value="7.56"/>	<input type="text" value="4.6813"/>
<input type="text" value="3"/>	<input type="text" value="FO006"/>	<input type="text" value="MARGARINE GENERAL PURPOSE 250G"/>	<input type="text" value="GMS"/>	<input type="text" value="135"/>	<input type="text" value="0.0972"/>

LINE NO.  ITEM ID  QUANTITY

RECIPE SERVINGS  PRO RATA SERVINGS TO

RECIPE COST

RECIPE COST PER SERVING

RECIPE SALES GROUP

#### PRICE BANDS

BAND	SCALE FACTOR	PRICE PER SERVING	VAT RATE	VAT INCLUSIVE PRICE PER SERVING	CHARGE TYPE
<input type="text" value="1"/>	<input type="text" value="2"/>	<input type="text" value="0.5623"/>	<input type="text" value="17.5 Standard UK VAT Rate"/>	<input type="text" value="0.66"/>	<input type="text" value="A ADULT, NO CONCESSIC"/>
<input type="text" value="2"/>	<input type="text" value="1.5"/>	<input type="text" value="0.4217"/>	<input type="text" value="0 Non-Vatable"/>	<input type="text" value="0.42"/>	<input type="text" value="C CHILD WITH FREE MEA"/>

BAND  FACTOR  VAT CODE  FIXED PRICE

CHARGE TYPE

SHORT RECIPE DESCRIPTION

RECIPE BAR CODE

RECIPE SHELF LIFE

RECIPE FREEZER LIFE

#### PACKS

LINE NO.  PACK ITEM ID  ASSOCIATED ITEM ID

CAPACITY

#### FACILITIES AND RESOURCES

LINE NO.	1	TYPE	FIXED BATCH RELATIVE	CHEF TIME REQUIREMENT FROM A CHEF RECIPE-MAKE MEASUREMENT OF INGREDIENTS AND RECIPE MIX VEGCOOK-BOIL COOKING OF VEGETABLES - BOILING
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REQUIREMENT

### NUTRIENTS/VITAMINS/MINERALS PER SERVING

LINE	IDENTIFIER	USDA NAME	CONTENT	UOM
1	255	Water	347.38	g
2	208	Energy	467	kcal
3	268	Energy	1958	kJ
4	203	Protein	15.54	g
5	257	Adjusted Protein	0	g
6	204	Total lipid (fat)	2.49	g
7	207	Ash	6.7	g
8	205	Carbohydrate, by difference	97.89	g
9	291	Fiber, total dietary	15.8	g
10	269	Sugars, total	15.83	g
11	210	Sucrose	1.2	g
12	211	Glucose (dextrose)	1.32	g
13	212	Fructose	1.02	g
14	213	Lactose	0	g
15	214	Maltose	0	g
16	287	Galactose	0	g
17	209	Starch	51.64	g
18	301	Calcium, Ca	129	mg
19	303	Iron, Fe	3.73	mg
20	304	Magnesium, Mg	138	mg
21	305	Phosphorus, P	384	mg
22	306	Potassium, K	2098	mg
23	307	Sodium, Na	51	mg
24	309	Zinc, Zn	3.43	mg
25	312	Copper, Cu	0.699	mg
26	315	Manganese, Mn	0.655	mg
27	317	Selenium, Se	8.8	mcg
28	401	Vitamin C, total ascorbic acid	33.9	mg
29	404	Thiamin	0.443	mg
30	405	Riboflavin	0.246	mg

31	406	Niacin	4.938	mg
32	410	Pantothenic acid	1.124	mg
33	415	Vitamin B-6	1.148	mg
34	417	Folate, total	124	mcg
35	431	Folic acid	0	mcg
36	432	Folate, food	124	mcg
37	435	Folate, DFE	124	mcg_DFE
38	418	Vitamin B-12	0	mcg
39	578	Vitamin B-12, added	0	mcg
40	318	Vitamin A, IU	211	IU
41	320	Vitamin A, RAE	11	mcg_RAE
42	319	Retinol	0	mcg
43	323	Vitamin E (alpha-tocopherol)	1.13	mg
44	573	Vitamin E, added	0	mg
45	341	Tocopherol, beta	0	mg
46	342	Tocopherol, gamma	0	mg
47	343	Tocopherol, delta	0	mg
48	324	Vitamin D	0	IU
49	430	Vitamin K (phylloquinone)	10.5	mcg
50	606	Fatty acids, total saturated	0.542	g
51	607	4:0	0	g
52	608	6:0	0	g
53	609	8:0	0	g
54	610	10:0	0.003	g
55	611	12:0	0.012	g
56	696	13:0	0	g
57	612	14:0	0.004	g
58	652	15:0	0	g
59	613	16:0	0.375	g
60	653	17:0	0.001	g
61	614	18:0	0.128	g
62	615	20:0	0.005	g
63	624	22:0	0.006	g
64	654	24:0	0.002	g
65	645	Fatty acids, total monounsaturated	0.56	g
66	625	14:1	0	g

67	697	15:1	0	g
68	626	16:1 undifferentiated	0.004	g
69	673	16:1 c	0.001	g
70	662	16:1 t	0	g
71	687	17:1	0	g
72	617	18:1 undifferentiated	0.551	g
73	674	18:1 c	0.357	g
74	663	18:1 t	0.133	g
75	628	20:1	0.002	g
76	630	22:1 undifferentiated	0	g
77	676	22:1 c	0	g
78	664	22:1 t	0	g
79	671	24:1 c	0	g
80	646	Fatty acids, total polyunsaturated	1.069	g
81	618	18:2 undifferentiated	0.822	g
82	675	18:2 n-6 c,c	0.521	g
83	670	18:2 CLAs	0	g
84	669	18:2 t,t	0	g
85	666	18:2 i	0.016	g
86	665	18:2 t not further defined	0	g
87	619	18:3 undifferentiated	0.234	g
88	851	18:3 n-3 c,c,c	0.064	g
89	685	18:3 n-6 c,c,c	0	g
90	627	18:4	0	g
91	856	18:3i	0	g
92	672	20:2 n-6 c,c	0.007	g
93	689	20:3 undifferentiated	0	g
94	853	20:3 n-6	0	g
95	620	20:4 undifferentiated	0	g
96	855	20:4 n-6	0	g
97	629	20:5 n-3	0	g
98	857	21:5	0	g
99	858	22:4	0	g
100	631	22:5 n-3	0	g
101	621	22:6 n-3	0	g
102	605	Fatty acids, total trans	0.133	g

103	693	Fatty acids, total trans-monoenoic	0.133	g
104	695	Fatty acids, total trans-polyenoic	0	g
105	601	Cholesterol	0	mg
106	636	Phytosterols	0	mg
107	638	Stigmasterol	1	mg
108	639	Campesterol	1	mg
109	641	Beta-sitosterol	2	mg
110	501	Tryptophan	0.117	g
111	502	Threonine	0.272	g
112	503	Isoleucine	0.302	g
113	504	Leucine	0.449	g
114	505	Lysine	0.454	g
115	506	Methionine	0.117	g
116	507	Cystine	0.093	g
117	508	Phenylalanine	0.332	g
118	509	Tyrosine	0.275	g
119	510	Valine	0.422	g
120	511	Arginine	0.344	g
121	512	Histidine	0.161	g
122	513	Alanine	0.23	g
123	514	Aspartic acid	1.827	g
124	515	Glutamic acid	1.253	g
125	516	Glycine	0.221	g
126	517	Proline	0.269	g
127	518	Serine	0.326	g
128	521	Hydroxyproline	0	g
129	221	Alcohol, ethyl	0	g
130	262	Caffeine	0	mg
131	263	Theobromine	0	mg
132	321	Carotene, beta	127	mcg
133	322	Carotene, alpha	0	mcg
134	334	Cryptoxanthin, beta	0	mcg
135	337	Lycopene	860	mcg
136	338	Lutein + zeaxanthin	124	mcg

LINE NO.

CONTENT

IMPORT NUTRIENT ANALYSIS

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**METHODS**

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**PROCEED?**

YES or NO

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02/02/2006 18:02:27 FRANK