

# Mark Bindus, Registered Dietitian

**Recipe: 000891 LEAN & MEAN TIGER ITALIAN WRAP**

Recipe Source:  
Recipe Group: ENTREES

**Recipe HACCP Process:**

Alternate Recipe Name:  
Number of Portions: 1  
Size of Portion: 1 EACH

902675 L'Oven Fresh Tortilla Wraps, Protein, Plain..... 902676 Never Any! Uncured Honey Ham..... 001029 CHEESE,MOZZARELLA,LO MOIST,PART-SKIM..... 902677 Mama Cozzi's Turkey Pepperoni, Aldi..... 085705 Pepper Banana Hot Ring Sli..... 011251 LETTUCE,COS OR ROMAINE,RAW..... 011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE... 990066 ITALIAN DRESSING, LIGHT, GFS.....	1 (1 tortilla wrap) 1 (4 slices) 1/3 CUP, shredded 1 (6 slices) 15 GRAM 1/3 CUP, shredded 2 medium slice 1 Teaspoon	1. Take tortilla lay 6 (1/2 oz) slices of uncured honey ham across. 2. Using a half cup measure, spread one full half cup of shredded mozzarella across ham. 3. Lay 6 slices of turkey pepperoni across cheese and top with 3 to 4 slices of pepper rings depending on size. 4. Bake off in oven at 425 till Cheese melts. 5. Top with Tomatoes, lettuce, light italian dressing and roll.  Ready to serve!
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\*Nutrients are based upon 1 Portion Size (1 EACH)

Calories	371 kcal	Cholesterol	77.68 mg	Sugars	*4.60* g	Calcium	*321.03* mg	36.25%	Calories from Total Fat
Total Fat	14.96 g	Sodium	1792.15 mg	Protein	37.87 g	Iron	*2.91* mg	13.88%	Calories from Saturated Fat
Saturated Fat	5.73 g	Carbohydrates	27.78 g	Vitamin A	*2064.94* IU	Water <sup>1</sup>	*70.04* g	*0.65%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.27* g	Dietary Fiber	10.81 g	Vitamin C	*7.06* mg	Ash <sup>1</sup>	*1.72* g	29.92%	Calories from Carbohydrates
								40.79%	Calories from Protein

\*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 optional nutrient values  
<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

<u>Miscellaneous</u>	<u>Attributes</u>	<u>Allergens Present</u>	<u>Allergens Absent</u>	<u>Allergens Unidentified</u>
Meat/Alt.....	oz			? - Milk
Grain.....	oz			? - Egg
Fruit.....	cup			? - Peanut
Vegetable.....	cup			? - Tree Nut
Milk.....	cup			? - Fish
<b>Moisture &amp; Fat Change</b>				? - Shellfish
Moisture Change.	0%			? - Soy
Fat Change.....	0%			? - Wheat
Type of Fat.....				

**NOTICE: The data contained within this report and the NUTRIKIDS® 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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Recipe

Oct 27, 2022

### Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	902675	L'Oven Fresh Tortilla Wraps, Protein, Plain			
I	902676	Never Any! Uncured Honey Ham			
I	001029	CHEESE,MOZZARELLA,LO MOIST,PART-SKIM			
I	902677	Mama Cozzi's Turkey Pepperoni, Aldi			
I	085705	Pepper Banana Hot Ring Sli			
I	011251	LETTUCE,COS OR ROMAINE,RAW			
I	011529	TOMATOES,RED,RIPE,RAW,YEAR RND AVER			
I	990066	ITALIAN DRESSING, LIGHT, GFS			

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