

Mark Bindus, Registered Dietitian

Recipe: 000685 TIGER ITALIAN SUB

Recipe Source:
Recipe Group: ENTREES

Recipe HACCP Process:

Alternate Recipe Name: skip

Number of Portions: 1
Size of Portion: 1 EACH

902674 L'oven Fresh Sub Bun, Aldi..... 901348 HAM,DELI,95% FAT-FREE..... 900713 CHEESE,MOZZARELLA,LOWFAT..... 007057 PEPPERONI,BF & PORK,SLICED..... 085705 Pepper Banana Hot Ring Sli..... 011251 LETTUCE,COS OR ROMAINE,RAW..... 011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE... 990053 Italian Dressing, Marzetti, 1 oz.....	1 (1 each) 2 OZ 1/3 CUP, shredded 6 SLICE- (14-16 PER OZ) 15 GRAM 1/3 CUP, shredded 2 medium slice 1 teaspoon	1. Using a 6" sub bun, lay a bed of shredded romaine down on bun - about 1/3rd cup. 2. Fold and lay 6 (1/2 oz) slices of commodity smoked ham fanned across the sub bun on top of lettuce. 3. Using a half cup measure, spread one full half cup of shredded mozzarella across ham. 4. Lay 4 slices of pepperoni across cheese and top with 3 to 4 slices of pepper rings depending on size.
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*Nutrients are based upon 1 Portion Size (1 EACH)

Calories	439 kcal	Cholesterol	56.65 mg	Sugars	*5.24* g	Calcium	*437.26* mg	33.79%	Calories from Total Fat
Total Fat	16.48 g	Sodium	1736.94 mg	Protein	29.09 g	Iron	*2.71* mg	15.64%	Calories from Saturated Fat
Saturated Fat	7.62 g	Carbohydrates	42.97 g	Vitamin A	*1876.92* IU	Water ¹	*114.95* g	*0.37%*	Calories from Trans Fat
Trans Fat ²	*0.18* g	Dietary Fiber	1.81 g	Vitamin C	*6.10* mg	Ash ¹	*4.43* g	39.17%	Calories from Carbohydrates
								26.52%	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
¹ - denotes optional nutrient values
² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

Miscellaneous	Attributes	<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
Moisture & Fat Change				? - 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	902674	L'oven Fresh Sub Bun, Aldi			
I	901348	HAM,DELI,95% FAT-FREE			
I	900713	CHEESE,MOZZARELLA,LOWFAT			
I	007057	PEPPERONI,BF & PORK,SLICED			
I	085705	Pepper Banana Hot Ring Sli			
I	011251	LETTUCE,COS OR ROMAINE,RAW			
I	011529	TOMATOES,RED,RIPE,RAW,YEAR RND AVER			
I	990053	Italian Dressing, Marzetti, 1 oz			

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