



Recipe Production

Recipe Number: PF008

Recipe Name: VEGGIE AND CHEESE FLATBREAD

Hot: Yes

Recipe Source: Plant Forward

HACCP Process Category:

Same Day

Serving Description: 1 sandwich or 6.4 oz weight

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
100	1 SANDWICH				

Labor				
Employee Name	Start Time	Stop Time	Total Time	Rate

Stock Number	Description	Amount 1	Measure 1	Amount 2	Measure 2	Location
3564	FLATBREAD 2.2 OZ 192/CS	100	FLATBREAD EACI			(Unassigned)
2596	SQUASH GREEN ZUCC 20 LB	7	Pound	9 1/2	Ounce	(Unassigned)
2504	PEPPER RED RST 12/28 OZ	6	Pound	8	Ounce	(Unassigned)
9001	CHEESE MOZZ LMPS SHRED 30 LB	9	Pound	6 1/8	Ounce	(Unassigned)
1505	CHEESE FETA 2/8 LB	3	Pound	5 1/4	Ounce	(Unassigned)
1509	CHEESE PARM 6/5 LB	2	Pound			(Unassigned)
1320	OIL SUNFLOWER	4	Ounce			(Unassigned)
SI703	ROASTED GARLIC	3	Ounce			(Unassigned)
1011	SALT KOSHER 12/3 LB	1	Tbsp			(Unassigned)
1105	SPICE PEPPER BLK TBL ORG 80 OZ	1	tsp			(Unassigned)
2597	BASIL FRESH 12 CT/1 LB	18 3/4	Gram			(Unassigned)

Cooking Instructions

Cooking Temperature: 0 **Cooking Times:** **Hours:** 0 **Minutes:** 0

Pre-Preparation Instructions

Recipe source: Chef Ann Foundation Plant Forward
 Zucchini yields: 86%
 Drained red peppers yield: 73%

Preparation Instructions

1. Preheat oven to 350 degrees.
2. In a small metal container, place garlic and oil and roast for 30 minutes until garlic is soft. Reserve the oil for the cheese mixture.
3. Cut vegetables (zucchini in half moons) and mix together with salt, pepper, garlic, and basil.
4. Mix mozzarella and drained feta together.
5. Mix oil and parmesan thoroughly.
6. Brush each flatbread with oil.
7. Spread each bread with 2 oz of cheese.
8. Top cheese with 1/2 cup of vegetable mixture.
9. Bake open faced for 20 minutes at 350 degrees.
10. Garnish with basil.

Serving Instructions

1 serving is 1 flatbread



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Nutrient	Unit	Recipe Nutrient Value	Nutrient Value per 100 Grams	Nutrient Value per Serving	% of Calories	Missing Value
Food Energy	kcal	37,029.5645	198.6581	370.2956		
Saturated Fat	g	861.1050	4.6197	8.6110	20.93	
Sodium	mg	106,952.5675	573.7846	1,069.5257		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	1,608.5815	8.6298	16.0858	39.10	
Cholesterol	mg	3,493.5546	18.7424	34.9355		
Carbohydrate	g	3,345.6287	17.9488	33.4563	36.14	
Total Dietary Fiber	g	331.6215	1.7791	3.3162		
Protein	g	2,404.4097	12.8993	24.0441	25.97	
Vitamin A (RE)	RE	11,559.0906	62.0128	115.5909		*
Vitamin A (IU)	IU	56,047.0914	300.6843	560.4709		
Vitamin C	mg	1,372.1536	7.3614	13.7215		
Calcium	mg	53,341.4618	286.1690	533.4146		
Iron	mg	226.2877	1.2140	2.2629		
Moisture	g	3,876.8644	20.7988	38.7686		*
Ash	g	187.7219	1.0071	1.8772		*

Stock Number	Description	Units per		Cases	Broken Units	Broken Unit Description	Actual Used
		Case	Location				
3564	FLATBREAD 2.2 OZ 192/CS	1.00	(Unassigned)	100	0.00	FLATBREAD	/
2596	SQUASH GREEN ZUCC 20 LB	1.00	(Unassigned)	7	0.59	LB	/
2504	PEPPER RED RST 12/28 OZ	1.00	(Unassigned)	3	0.71	CAN (28 OZ)	/
9001	CHEESE MOZZ LMPS SHRED 30 I	1.00	(Unassigned)	9	0.38	LB	/
1505	CHEESE FETA 2/8 LB	1.00	(Unassigned)	3	0.33	LB	/
1509	CHEESE PARM 6/5 LB	1.00	(Unassigned)	2	0.00	LB	/
1320	OIL SUNFLOWER	1.00	(Unassigned)			JIB (35 LB)	/
SI703	ROASTED GARLIC	1.00	(Unassigned)	0	0.27	1 EACH	/
1011	SALT KOSHER 12/3 LB	1.00	(Unassigned)	0	0.01	BOX (3 LB)	/
1105	SPICE PEPPER BLK TBL ORG 80	1.00	(Unassigned)	0	0.08	OZ	/
2597	BASIL FRESH 12 CT/1 LB	1.00	(Unassigned)	0	0.44	BUNCH	/

REPORT CRITERIA:

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