

# Bistro Box Protein (TR1215)

HACCP Process: Process 3: Complex food  
 Allergens: Contains Gluten, Milk, Wheat;  
 Meal Contribution: 1/2 Fruit, 2 WGR, 2 Meat/MA, 1/4 Veg-BP  
 Number of Servings: 1.00 Serving Size: 1 Each  
 Moisture gain/loss%: 0.0000 Yield: 10 1/8 Ounce  
 Waste gain/loss%: 0.0000 Fat gain/loss% : 0.0000  
 Total Recipe Cost: \$1.5634 Cost Per Serving: \$1.5634

Step #	Stock Item#	Stock Item	Stock Quantity	Cost (\$)	Ingredient	Quantity
1	750661	Cracker Whole Grain 2 grain , As Purchased	1 5/8 Ounce	0.2824	Cracker WG 2 grain LI100324	1 5/8 Ounce
2	477742	HUMMUS ORIGINAL 48CT , As Purchased	1 ea (2.01 oz.)	0.5280	HUMMUS, Original LI100293	1 ea (2.01 oz.)
3	786580	CHEESE MOZZ STRING 16OCT , As Purchased	1 Each	0.2212	Cheese Mozz Sticks LI100081	1 Each
4	1078540	Grapes Green Seedless 1/6# , As Purchased	2 Ounce	0.3098	Grapes, american type (slip skin), raw LI100325	2 Ounce
5	206539	eggs whole fresh shell , As Purchased	2 large (3.53 oz.)	0.2220	Egg, whole, raw, fresh LI100326	2 large (3.53 oz.)

**Preparation Instructions**

- 1 package of crackers per bistro box

Arrange all items neatly in a hinged disposable utility container.

Place "Protein" box sticker on lid

- 1/2 cup grapes per box (about 7 large grapes)
- 2 hard boiled, cooled/chilled peeled eggs

CCP Name	CCP Description	Critical Temperature (F)	Corrective Action
2hr Cool	Cooling - Step 1	70.00	1. Reheat cooked hot food to 165 °F for 15 seconds and start the cooling process again using a different cooling method when the food is above 70 °F and 2 hours or less into the cooling process 2. Discard cooked hot food immediately when the food is above 70 °F and more than 2 hours into the cooling process
4hr Cool	Cooling - Step 2	41.00	1. Reheat cooked hot food to 165 °F for 15 seconds and start the cooling process again using a different cooling method when the food is above 41 °F and 6 hours or less into the cooling process. 2. Discard cooked hot food immediately when the food is above 41 °F and more than 6 hours into the cooling process.
Cook	Cooking	155.00	Continue cooking food until the internal temperature reaches the required temperature.

**Nutritional Information**

	Fat	SFat	Carb	Protein	Sugar
<b>% of Calories</b>	43.46	13.28	39.06	19.42	11.295

**Nutrients per 100 g**

Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
193.773	9.358	2.859	0.013	134.815	260.904	18.919	2.649	5.472	9.409	3.754	106.095	277.538	1.208	42.586 (M)	0.482(M)

**Nutrients per serving (287.06 g)**

Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
556.244	26.863	8.206	0.038	387	748.952	54.31	7.603	15.707	27.01	10.777	304.556	796.7	3.468	122.247 (M)	1.383(M)

(M) Indicates missing nutrient values.