

# Tomato Basil Flatbread (LR100100)

HACCP Process: Process 2: Same day service  
 Allergens: Contains Milk, Wheat;  
 Meal Contribution: 2 WGR, 2 Meat/MA, 1/2 Veg-RO  
 Number of Servings: 1.00 Serving Size: 1 flatbread  
 Moisture gain/loss%: 0.0000 Yield: 6 1/2 Ounce  
 Waste gain/loss%: 0.0000 Fat gain/loss% : 0.0000  
 Total Recipe Cost: \$0.0000 Cost Per Serving: \$0.0000

Stock Item#	Stock Item	Stock Quantity	Cost (\$)	Ingredient Name	Quantity
				Bread, Flat Whole-Grain-Rich 2.2 OZ Square Baked Frozen Oven Fired LI100013	1 square
				CHEESE, MOZZARELLA SHRED FEATHER LOW-MOISTURE-PART-SKIM LI100015	2 ounces
				Tomatoes, red, ripe, raw, year round average 11529	4 slice, thin/small
				Basil, fresh 2044	1 tbsp, chopped

**Nutritional Information**

	Fat	SFat	Carb	Protein	Sugar
<b>% of Calories</b>	39.17	18.67	36.84	23.83	5.196

**Nutrients per 100 g**

FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
179.053	7.793	3.714	0	19.966	354.376	16.492	1.52	2.326	10.669	0.996	260.845	501.961	4.785	32.546 (M)	0.187(M)

**Nutrients per serving (181.75 g)**

FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
325.428	14.164	6.75	0	36.288	644.079	29.975	2.762	4.227	19.39	1.811	474.085	912.315	8.697	59.152 (M)	0.339(M)

(M) Indicates missing values.  
 1 Trans Fat is provided for informational purposes, not for monitoring purposes.