



000569 - MEAT LOAF, INDIVIDUAL

Source:

Number of Portions: 7

Size of Portion: 3.5 OZ

Alternate Recipe Name: MINI MEAT LOAF

Components:

Meat/Alt: 3 oz

Grains:

Fruit:

Vegetable:

Milk:

Recipe Subgroups:

Attributes:

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
902936 CELERY,RAW..... 902895 ONIONS,RAW.....	1/4 CUP (diced) 1/2 CUP (chopped)	<p>CCP: FOLLOW TPHC PROCEDURES.</p> <p>CUT PRODUCE MUST BE KEPT AT 41° F OR LOWER. LABEL, DATE AND REFRIGERATE FRESH-CUT ITEMS.</p> <p>WASH FRESH PRODUCE VIGOROUSLY UNDER COLD RUNNING WATER. PACKAGED FRUITS AND VEGETABLES LABELED AS BEING PREVIOUSLY WASHED AND READY-TO-EAT ARE NOT REQUIRED TO BE WASHED. SCRUB THE SURFACE OF FIRM FRUITS OR VEGETABLES USING A CLEAN AND SANITIZED BRUSH DESIGNATED FOR THIS PURPOSE.</p> <p>FINELY CHOP CELERY AND ONIONS.</p>
902968 BREAD, SUB, 100% WW, FLOWERS.....	1 1/3 ROLL, 2.80 OZ	<p>TOAST HOAGIE ROLLS IN CONVECTION OVEN ON 350°F UNTIL GOLDEN BROWN AND CRISPY. CRUMBLE BREAD.</p>

<p>900306 Beef Ground, 85/15 Raw to cooked, yield..... 902906 SALT, TABLE..... 902914 USDA, PARSLEY, DRIED..... 903335 Catsup, Tomato, 6 #10 can, Red Gold72940.... 903335 Catsup, Tomato, 6 #10 can, Red Gold72940....</p>	<p>1 lb + 10 2/3 OZS (Raw, Yield Inc.) 3/8 tsp 1 3/4 tsp 1/4 cup 1/3 cup</p>	<p>COMBINE ALL INGREDIENTS IN MIXER ON LOW SPEED OR GENTLY MIX BY HAND. DO NOT OVER-MIX. FORM INTO 4.75 OZ RECTANGULAR LOAVES PUTTING A DENT IN THE CENTER OF EACH LOAF (THIS WILL ENSURE EVEN COOKING). WEIGH THE FIRST FEW LOAVES TO ENSURE SERVINGS ARE 4.75 OZ, AND THEN "EYEBALL" THE REMAINDER--YOU ARE NOT REQUIRED TO WEIGH EACH PIECE.</p> <p>PUT 21 MINI LOAVES IN ONE, 12X20X2 INCH FOIL LINED PAN SPACING THEM APPROXIMATELY 1 INCH APART.</p> <p>BAKE AT 300° F FOR 28-30 MINUTES. PLEASE ADJUST TIME AND TEMPERATURE FOR YOUR OVEN. DO NOT OVERCOOK.</p> <p>ONCE MEATLOAF HOLDS TEMP AT 155° F, REMOVE FROM OVEN AND PUT IN WARMING CABINET TO ALLOW MEAT TO "REST" FOR 10 MINUTES (DO NOT WORRY IF JUICES ARE STILL PINK- DO NOT CONTINUE TO COOK).</p> <p>CCP: HEAT TO 155°F OR HIGHER FOR AT LEAST 15 SECONDS.</p>
		<p>REMOVE FROM OVEN, DRAIN AND BRUSH 1 CUP KETCHUP ON TOP OF PAN.</p> <p>PLACE 8-9 LOAVES IN A 1/2 SIZE 2 INCH STEAMTABLE PAN FOR SERVING LINE.</p> <p>EACH PORTION PROVIDES 3 OZ MEAT/MEAT ALTERNATE. FOLLOW MENU FOR BREAD REQUIREMENT.</p> <p>CONDIMENTS TO OFFER: KETCHUP</p> <p>CCP: HOLD AT 135°F OR HIGHER.</p> <p>DISCARD ALL LEFTOVERS.</p>

*Nutrients are based upon 1 Portion Size (3.5 OZ)

Calories	267 kcal	Cholesterol	70 mg	Sugars	6.1 g	Calcium	60.79 mg	42.55%	Calories from Total Fat
Total Fat	12.62 g	Sodium	484 mg	Protein	23.71 g	Iron	2.71 mg	15.79%	Calories from Saturated Fat
Saturated Fat	4.68 g	Carbohydrates	13.83 g	Vitamin A	159.0 IU	Water ¹	*61.02* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	1.06 g	Vitamin C	2.7 mg	Ash ¹	*1.00* g	20.72%	Calories from Carbohydrates
								35.52%	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.

Allergens							
Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
NO	NO	NO	NO	NO	NO	YES	YES
YES = Present NO = Absent ? = Undefined							