

AHF National Culinary Competition

Approved Recipe Format

*Final recipes should be proofed and formatted before submitting to AHF. Each recipe should be submitted using the format below. Recipe submissions should be written based on **6 portions**.*

Recipe Name: **NOLA Pork Roulade**

Recipe Description: Tenderized pork loin cutlet, rolled and stuffed with a savory andouille sausage corn bread stuffing. Served on top of sauteed collard greens, red beans and rice, and Creole sauce.

Full Recipe:

- Prep Time:
- Cook Time:
- Yield: 6 portions

Pork Roulade with Andouille Sausage Cornbread

Ingredients:

24 oz. Pork Loin
12 oz. Andouille Cornbread Stuffing
¼ oz. Black Pepper, Corse Ground
½ tsp. Kosher Salt
1 tsp. Oil

Method of Preparation:

1. Remove pork loin from packaging and pat dry with a clean paper towel or clean cloth.
2. Trim any exterior or excess fat and silver skin from the pork loin.
3. Slice the pork loin into 4 ounce portions. Slices should be about ½ inch thick.
4. To tenderize or flatten the portions, you can:
 1. Use a mechanical meat tenderizer

2. Lay the pork loin portions out on a cutting board. Then, using a Jaccard, tenderize the portions by repeatedly needling the portions. Once all portions have been thoroughly Jaccarded, flip over and repeat on the other side. Next, lay out a piece of plastic film over top of the portions, you will need just enough to cover the portions with about an inch or so excess outlying around the portions. Using a flat meat mallet, gently pound out the portions, making sure they are pounded out evenly, until they are about ¼ of an inch thick.
5. Place 2 ounces of Andouille sausage cornbread stuffing on top of each flattened pork cutlet. Spread out the filling and try to cover the entire cutlet being sure to leave about half an inch uncovered on one side.
6. Roll the cutlets up starting with the side that is covered with filling and rolling towards the side without filling. Once rolled up, the side without filling should make direct contact with the pork cutlet. There should be no filling in between the flap and the exterior of the cutlet.
7. Using butcher twine, tie the roulade so it does not fall apart during the cooking process.
8. Season the outside of the roulade with salt and pepper.
9. Heat a sauté pan over medium-high heat with the oil.
10. Once the oil is hot, sear the pork roulade on all sides.
11. Transfer to a sheet pan and finish in an oven at 350F until internal temperature reaches 165F.
12. Remove from oven and serve immediately or hold in hot holding for service.

Andouille Sausage Cornbread Stuffing

Ingredients:

8 oz.	Cornbread, Cooked
2 oz.	Andouille Sausage, Medium Dice
2 oz.	White Onion, Small Dice
1 oz.	Green Bell pepper, Small Dice
1 oz.	Celery, Small Dice
¼ tsp.	Cajun Seasoning
1 tsp.	Hot Sauce
¾ cp.	Low Sodium Chicken Broth
1 tsp	Rubbed Sage
1 tsp	Thyme, Fresh
1 ¼ tsp.	Butter, Unsalted

Method of Preparation:

1. Break up cornbread until it looks mealy or crumbly.
2. Heat a medium stock pot over medium heat. Add the butter and allow it to melt. Once melted, add the small diced onion, green bell pepper, celery, and Andouille sausage. Sauté over medium heat until vegetables begin to sweat and onions become translucent.
3. Add the low sodium chicken broth, rubbed sage, thyme, Cajun seasoning, and hot sauce then bring to a boil.
4. Once boiling, reduce heat to low and slowly add in the crumbled corn bread while gently stirring. Continue to gently stir until the cornbread has soaked up the liquid.
5. Remove from heat and let sit for 10 to 15 minutes. Transfer to a hotel pan and either serve immediately, hold in hot holding for service, or follow appropriate cooling procedures if being used for a later service.

Creole Sauce

Ingredients:

8 ½ oz.	Tomato, Fresh
2 oz.	White Onion, Small Dice
1 oz.	Green Bell Pepper, Small Dice
1 oz.	Celery, Small Dice
½ Tbsp.	Garlic, Minced
¼ tsp.	Cajun Seasoning
1 tsp.	Hot Sauce
1 tsp.	Butter, Unsalted

Method of Preparation:

1. Concasse the tomatoes by first coring them, then make two small slits on the bottom in the shape of an X, then blanch in rapidly boiling water for about 10 seconds or until the skin begins to peel away from the flesh, next shock the tomatoes in an ice bath. Once cool to the touch, peel away the skin from the tomatoes and cut in half horizontally. Remove the seeds from inside the tomatoes and then dice them brunoise.
2. Heat a small sauce pan over medium-low heat and add the butter. Melt the butter but do not burn it.
3. Once the butter has melted, add the concasse tomato, Minced garlic, diced onion, diced bell pepper, and diced celery and cover with a tight fitting lid.
4. Simmer the vegetables on medium-low for about 30 minutes being sure to stir occasionally to prevent burning and sticking.
5. Once all the vegetables have become very tender, add the Cajun seasoning and hot sauce. Using an immersion blender, blend everything together until smooth.
6. Adjust consistency of the sauce by either continuing to cook if sauce is too thin or adding water if sauce is too thick.
7. Serve immediately, hold in hot holding for service, or cool following proper cooling procedures if service is at a later time.

Red Beans & Rice

Ingredients:

3 oz.	Small Red Beans, Dried
2 cp.	Long Grain White Rice
3 oz.	White Onion, Small Dice
2 Tbsp.	Garlic, Minced
2 tsp.	Thyme, Fresh
2 leaves	Bay Leaf
½ tsp.	Oil
½ tsp.	Kosher Salt
5 cp.	Water

Method of Preparation:

1. Place red beans in a container or hotel pan and completely cover with cool water. Wrap, label, and date then store in cooler over night to allow the beans to rehydrate.

2. Heat a medium sauce pan over medium heat and add the oil. Once pan is hot, add the diced onion and minced garlic and saute for a few minutes while stirring. Be sure not to let the onion or garlic brown.
3. Add the soaked beans, thyme, bay leaf, salt, and water. Bring to a boil then reduce heat to medium low and simmer for about 30-40 minutes or until beans are tender.
4. Add the rice and stir gently. Increase heat until the pot begins to boil, then reduce heat to low and cover with a tight fitting lid.
5. Simmer on low for about 20 to 25 minutes or until the rice has absorbed all the liquid and has become tender.
6. Remove from heat, transfer to a hotel pan, fluff with a spatula, and serve immediately or hold in hot holding for service.

Sauteed Collard Greens

Ingredients:

2 lb.	Collard greens, Fresh, Chopped
2 tsp.	Oil
¾ tsp.	Kosher salt
1 tsp.	Black Pepper

Method of Preparation:

1. Heat a large saute pan over medium high heat and add the oil. Allow pan to heat until the oil just begins to smoke.
 2. Add the chopped collard greens and toss vigorously so the greens do not burn.
 3. Once the greens have wilted a little bit and begin to soften, season with salt and pepper.
 4. Continue to saute and toss until the greens have fully wilted and become tender.
 5. Remove from heat and serve immediately or hold in hot holding until service.
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Plating:

Components Per Serving

- 1 6 oz. Portion of Pork Roulade with Andouille Sausage Cornbread
- 2 oz. of Creole Sauce
- 4 oz. of Red Beans and Rice
- 4 oz. of Sauteed Collard Greens

To Plate and Serve:

1. Spoon or ladle 2 oz. of Creole sauce into the center of the plate then using the back of the spoon/ladle gently spread the sauce out so that it is about 4-inch-wide circle.
 2. Place 4 oz. of Red Beans and Rice in the middle of the plate on top of the Creole Sauce. You can use a round cookie cutter or plating mold if you want a clean presentation.
 3. Using tongs, bunch up 4 oz. of Sauteed Collard Greens and place on top of the Red Beans and Rice.
 4. Using a paring knife, remove the butcher's twine from the pork Roulade with Andouille Sausage. Cut the roulade in half, on a bias, into two equal pieces. Place one piece on top of the Sauteed Collard Greens laying the piece on its side. Place the other piece on top of the Sauteed Collard Greens standing up and leaning against the piece laying on its side.
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Specialty Equipment Used:

- Immersion Blender

Detailed Recipe Nutrient Analysis

2025 AHF - Andouille Stuffed Pork Loin								Nutrient Details																			
Keyname	2025AkLoin	Yield	6.05	Ounce	Portion By	Count	Portion Unit	Each	Portion Count	1																	
Ingredient	Nutrition Item	Nut. ID	Qty	Unit	Gram Wt.	Nut. Yield	Net Wt.	KCAL	PRO	FAT	CHO	CA	P	K	NA	FIBTG	ZN	SFA	FATR	FE	VD	SGF	VITD				
Pork Loin, C/C Extra Tender	Pork Tenderloin Hormel	-11261	4	Ounce	113.396	100%	113.396	162	21.26	9.11	0.00	0		476	354	0.0		4.050	0.000	0.71	0	0.0					
2025 AHF -Andouille Cornbread	2025 Ahf -andouille Cornbread	- Recipe -	2	Ounce	55.073	100%	55.073	38	1.10	1.77	4.24	9	5	37	134	0.1	0.02	0.865	0.005	0.63	0	0.0					
Coarse Ground Black Pepper	Spices Pepper Black	02030	.5	Gram	.5	100%	.5	1	0.05	0.02	0.32	2	1	7	0	0.1	0.01	0.007	0.000	0.05	0	0.0					
Total Recipe Weight: Stated Recipe Yield: 171.511 grams (gross) 168.969 (net) 168.969								201	22.42	10.90	4.56	11	6	520	488	0.3	0.03	4.921	0.005	1.39	0	0.0					
Less Evaporative Loss: (Net Nutritive Yield) - 0% = 168.969																											
Less Handling Loss: (Net Recipe Yield) - 0% = 168.969																											
Nutrient Reference Value (per 100g): (Relative to net nutritive yield.) = Nutrient Sum/Net Nutritive Yield * 100								118	13.14	6.39	2.68	7	3	305	286	0.2	0.02	2.885	0.003	0.81	0	0.0					
Recipe Yield Variance: [ABS(1 - ((Net Recipe Yield) / (Stated Recipe Yield))) * 100 %]																											
[Applied to Portion Size.] = ABS((1 - (168.969 / 171.511)) * 100 (%)) = 1.48%																											
Nutrients per Standard Portion Size: Each = 169.185 grams (Calculated).								199	22.23	10.81	4.53	11	6	515	484	0.3	0.03	4.881	0.005	1.38	0	0.0					

Note: Items appearing in bold indicate subassembly ingredients having yield variance, which may skew expected nutritional results.

Note: The current system setting for Nutritional Method is to use the Calculated recipe yield in determining nutrient content. Nutrient Reference Values may vary based upon the method used for analysis.

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Detailed Recipe Nutrient Analysis

2025 AHF - Creole Sauce																								
Keyname	2025ASauce	Yield 112 Ounce	Portion By Count	Portion Unit Ounce	Portion Count 112	Nutrient Details																		
Ingredient	Nutrition Item	Nut. ID	Qty	Unit	Gram Wt.	Nut. Yield	Net Wt.	KCAL KCAL	PRO Gram	FAT Gram	CHO Gram	CA MG	P MG	K MG	NA MG	FIBTG Gram	ZN MG	SFA Gram	FATR Gram	FE MG	VD Gram	SGF MCG	VITD MCG	
Fresh Tomatoes 5X6	Tomatoes Red Ripe Raw Year R	11529	5	Pound	2267.96	92%	2091.059	376	18.40	4.18	81.34	209	502	4,956	105	25.1	3.55	0.585	0.000	5.65	0	0.0		
Jumbo White Onions	Onions Raw	11282	1	Pound	453.592	91%	413.676	165	4.55	0.41	38.64	95	120	604	17	7.0	0.70	0.174	0.000	0.87	0	0.0		
Fresh Green Bell Peppers	Peppers Sweet Green Raw	11333	.5	Pound	226.796	81%	184.385	37	1.59	0.31	8.56	18	37	323	6	3.1	0.24	0.107	0.000	0.63	0	0.0		
Fresh Celery	Celery Raw	11143	.5	Pound	226.796	70%	158.757	22	1.10	0.27	4.72	64	38	413	127	2.5	0.21	0.067	0.000	0.32	0	0.0		
Cajun Seasoning	Seasoning, Bayou Cajun	-10556	1	Teaspoon	2.6	100%	2.6	0	0.00	0.00	0.00	0	0	0	195	0.0	0.00	0.000	0.000					
Louisiana Red Hot Sauce	Sauce, Hot Lousiana	-10967	2	Ounce	56.698	100%	56.698	9	0.00						1,622									
Unsalted Butter	Butter Stick Unsalted Ns As To S	81101100	1	Ounce	28.349	100%	28.349	203	0.24	22.99	0.02	7	7	7	3	0.0	0.03	14.313		0.01		0.0		
Total Recipe Weight: Stated Recipe Yield: 3175.088 grams (gross) 3262.791 (net) 2935.524								813	25.87	28.17	133.26	393	704	6,302	2,073	37.8	4.73	15.247	0.000	7.46	0	0.0		
Less Evaporative Loss: (Net Nutritive Yield) - 0% = 2935.524																								
Less Handling Loss: (Net Recipe Yield) - 0% = 2935.524																								
Nutrient Reference Value (per 100g): (Relative to net nutritive yield.) = Nutrient Sum/Net Nutritive Yield * 100								28	0.88	0.96	4.54	13	24	215	71	1.3	0.16	0.519	0.000	0.25	0	0.0		
Recipe Yield Variance: [ABS(1 - ((Net Recipe Yield) / (Stated Recipe Yield))) * 100 %]																								
[Applied to Portion Size.] = ABS((1 - (2935.524 / 3175.088)) * 100 (%)) = 7.55%																								
Nutrients per Standard Portion Size: Ounce = 26.21 grams (Calculated).								7	0.23	0.25	1.19	4	6	56	19	0.3	0.04	0.136	0.000	0.07	0	0.0		

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Detailed Recipe Nutrient Analysis

2025 AHF - Red Beans & Rice																							
Keyname		Yield		Portion By	Portion Unit	Portion Count		Nutrient Details															
2025A&Rice		70	Ounce	Count	Ounce	70		KCAL	PRO	FAT	CHO	CA	P	K	NA	FIBTG	ZN	SFA	FATR	FE	VD	SGF	VITD
Ingredient	Nutrition Item	Nut. ID	Qty	Unit	Gram Wt.	Nut. Yield	Net Wt.	KCAL	Gram	Gram	Gram	MG	MG	MG	MG	Gram	MG	Gram	Gram	MG	Gram	MCG	
Dried Small Red Beans	Beans Kidney Red Mature Seed	16033	.5	Pound	226.796	300%	680.388	864	58.99	3.40	155.13	191	966	2,742	14	50.3	7.28	0.490	0.000	20.00	0	0.0	
Raw White Rice	Rice White Glutinous Unenriche	20055	4	Cup	740.	200%	1480.	1,436	29.90	2.81	312.13	30	118	148	74	14.8	6.07	0.577		2.07	0	0.0	
Jumbo White Onions	Onions Raw	11282	8	Ounce	226.792	91%	206.834	83	2.28	0.21	19.32	48	60	302	8	3.5	0.35	0.087	0.000	0.43	0	0.0	
Peeled Garlic	Garlic Raw	75111500	2	Ounce	56.698	100%	56.698	84	3.61	0.28	18.74	103	87	227	10	1.2	0.66	0.050		0.96		0.0	
Fresh Thyme	Thyme Fresh	02049	.5	Ounce	14.175	65%	9.213	9	0.51	0.15	2.25	37	10	56	1	1.3	0.17	0.043	0.000	1.61		0.0	
Dried Bay Leaf	Spices Bay Leaf	02004	2	Leaf	.5	100%	.5	2	0.04	0.04	0.37	4	1	3	0	0.1	0.02	0.011	0.000	0.22		0.0	
Water	Beverages Water Tap Drinking	14411	.5	Gallon	1896.	%	.	0	0.00	0.00	0.00	0	0	0	0	0.0	0.00	0.000	0.000	0.00		0.0	
Canola Oil	Oil Canola	04582	1	Teaspoon	4.667	100%	4.667	41	0.00	4.67	0.00	0	0	0	0	0.0	0.00	0.344	0.018	0.00		0.0	
Kosher Salt	Salt Table	02047	1	Teaspoon	4.8	100%	4.8	0	0.00	0.00	0.00	1	0	0	1,860	0.0	0.00	0.000	0.000	0.02		0.0	
Total Recipe Weight:								2,519	95.32	11.57	507.94	413	1,242	3,478	1,966	71.3	14.55	1.603	0.020	25.31	0	0.0	
Less Evaporative Loss: (Net Nutritive Yield)																							
Less Handling Loss: (Net Recipe Yield)																							
Nutrient Reference Value (per 100g):								103	3.90	0.47	20.79	17	51	142	80	2.9	0.60	0.066	0.001	1.04	0	0.0	
Recipe Yield Variance:																							
[Applied to Portion Size.]																							
Nutrients per Standard Portion Size:								36	1.36	0.17	7.26	6	18	50	28	1.0	0.21	0.023	0.000	0.36	0	0.0	
Ounce = 34.901 grams (Calculated).																							

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Detailed Recipe Nutrient Analysis

2025 AHF - Sauteed Greens																							
Keyname	Yield		Portion By	Portion Unit	Portion Count			Nutrient Details															
2025Areens	33	Ounce	Count	Ounce	33			KCAL	PRO	FAT	CHO	CA	P	K	NA	FIBTG	ZN	SFA	FATR	FE	VD	SGF	VITD
Ingredient	Nutrition Item	Nut. ID	Qty	Unit	Gram Wt.	Nut. Yield	Net Wt.	KCAL	Gram	Gram	Gram	MG	MG	MG	MG	Gram	MG	Gram	Gram	MG	Gram	MCG	
Frozen Chopped Collard G	Collards Raw Collard Greens	72107100	1	Bag(2 Lb)	907.184	100%	907.184	290	27.40	5.53	49.17	2,105	227	1,932	154	36.3	1.91	0.499		4.26		0.0	
Canola Oil	Oil Canola	04582	1	Tablespoon	14.	100%	14.	124	0.00	14.00	0.00	0	0	0	0	0.0	0.00	1.031	0.055	0.00		0.0	
Ground Black Pepper	Spices Pepper Black	02030	1	Teaspoon	2.1	100%	2.1	5	0.22	0.07	1.34	9	3	28	0	0.5	0.02	0.029	0.000	0.20	0	0.0	
Total Recipe Weight:								419	27.61	19.60	50.51	2,114	230	1,960	155	36.8	1.93	1.559	0.055	4.47	0	0.0	
Less Evaporative Loss: (Net Nutritive Yield)						- 0% =	923.284																
Less Handling Loss: (Net Recipe Yield)						- 0% =	923.284																
Nutrient Reference Value (per 100g):								45	2.99	2.12	5.47	229	25	212	17	4.0	0.21	0.169	0.006	0.48	0	0.0	
Recipe Yield Variance:								[ABS(1 - ((Net Recipe Yield) / (Stated Recipe Yield))) * 100 %]															
[Applied to Portion Size.]								= ABS((1 - (923.284 / 935.517)) * 100 (%)) = 1.31%															
Nutrients per Standard Portion Size:								13	0.84	0.59	1.53	64	7	59	5	1.1	0.06	0.047	0.002	0.14	0	0.0	
Ounce = 27.978 grams (Calculated).																							

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Detailed Recipe Nutrient Analysis

2025 AHF -Andouille Cornbread Stuffing								Nutrient Details																	
Keyname	2025Afing2	Yield	460	Ounce	Portion By	Count	Portion Unit	Portion Count	460																
Ingredient	Nutrition Item	Nut. ID	Qty	Unit	Gram Wt.	Nut. Yield	Net Wt.	KCAL	PRO	FAT	CHO	CA	P	K	NA	FIBTG	ZN	SFA	FATR	FE	VD	SGF	VITD		
Cornbread	Cornbread	- Recipe -	5	Pound	1856.575	100%	1856.575	4,522	99.54	100.96	790.33	1,346	628	2,911	17,841	0.0	1.84	43.613	0.000	37.26	0	0.0			
Frozen Cooked Andouille S	Sausage Andouille Cooked	-11260	1.5	Pound	680.388	100%	680.388	1,555	103.90	119.82	8.23	139		2,455	4,619	1.0		39.735	1.157	4.29	2	5.6			
Jumbo White Onions	Onions Raw	11282	2	Pound	907.184	91%	827.352	331	9.10	0.83	77.27	190	240	1,208	33	14.1	1.41	0.347	0.000	1.74	0	0.0			
Fresh Green Bell Peppers	Peppers Sweet Green Raw	11333	1	Pound	453.592	81%	368.77	74	3.17	0.63	17.11	37	74	645	11	6.3	0.48	0.214	0.000	1.25	0	0.0			
Fresh Diced Celery (PROC	Celery Raw	11143	1	Pound	453.592	100%	453.592	64	3.13	0.77	13.47	181	109	1,179	363	7.3	0.59	0.191	0.000	0.91	0	0.0			
Cajun Seasoning	Seasoning, Bayou Cajun	-10556	1	Tablespoon	7.8	100%	7.8	0	0.00	0.00	0.00	0	0	0	585	0.0	0.00	0.000	0.000						
Louisiana Red Hot Sauce	Sauce, Hot Lousiana	-10967	4	Ounce	113.396	100%	113.396	18	0.00						3,243										
Low Sodium Chicken Bro	Broth Chicken Low Sodium	- Recipe -	2	Gallon	143.983	100%	143.983	480	32.00	0.00	63.99	0	0	0	4,000	0.0	0.00	0.000	0.000	92.15		0.0			
Unsalted Butter	Butter Stick Unsalted Ns As To S	81101100	8	Ounce	226.792	100%	226.792	1,626	1.93	183.95	0.14	54	54	54	25	0.0	0.20	114.505		0.05		0.0			
Rubbed Sage	Spices Sage Ground	02038	2	Tablespoon	4.2	100%	4.2	13	0.45	0.54	2.55	69	4	45	0	1.7	0.20	0.295		1.18	0	0.0			
Thyme Leaves	Spices Thyme Dried	02042	4	Teaspoon	4.8	100%	4.8	13	0.44	0.36	3.07	91	10	39	3	1.8	0.30	0.131	0.000	5.93	0	0.0			
Total Recipe Weight:								Stated Recipe Yield: 13040.54 grams (gross) 4852.302 (net) 4687.648																	
Less Evaporative Loss: (Net Nutritive Yield)								- 0% = 4687.648																	
Less Handling Loss: (Net Recipe Yield)								- 0% = 4687.648																	
Nutrient Reference Value (per 100g):								(Relative to net nutritive yield.) = Nutrient Sum/Net Nutritive Yield * 100																	
Recipe Yield Variance:								[ABS(1 - ((Net Recipe Yield) / (Stated Recipe Yield))) * 100 %]																	
[Applied to Portion Size.]								= ABS((1 - (4687.648 / 13040.54)) * 100 (%)) = 64.05%																	
Nutrients per Standard Portion Size:								Ounce = 27.537 grams (Calculated).																	
								19	0.55	0.89	2.12	5	2	19	67	0.1	0.01	0.433	0.003	0.31	0	0.0			

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Detailed Recipe Nutrient Analysis

2025 AHF Submission Recipe								Nutrient Details															
Keyname	2025Ae	Yield	Portion By	Portion Unit	Portion Count																		
		16	Ounce	Count	Ounce	16																	
Ingredient	Nutrition Item	Nut. ID	Qty	Unit	Gram Wt.	Nut. Yield	Net Wt.	KCAL	PRO	FAT	CHO	CA	P	K	NA	FIBTG	ZN	SFA	FATR	FE	DDSGF	VITD	
								KCAL	Gram	Gram	Gram	MG	MG	MG	MG	Gram	MG	Gram	Gram	MG	Gram	MCG	
2025 AHF - Andouille Stuffed Peppers	2025 Ahf - Andouille Stuffed Peppers	- Recipe -	6	Ounce	169.182	100%	169.182	199	22.23	10.81	4.53	11	6	515	484	0.3	0.03	4.881	0.005	1.38	0	0.0	
2025 AHF - Creole Sauce	2025 Ahf - Creole Sauce	- Recipe -	2	Ounce	52.419	100%	52.419	15	0.46	0.50	2.38	7	13	113	37	0.7	0.08	0.272	0.000	0.13	0	0.0	
2025 AHF - Red Beans & Rice	2025 Ahf - Red Beans & Rice	- Recipe -	4	Ounce	139.603	100%	139.603	144	5.45	0.66	29.03	24	71	199	112	4.1	0.83	0.092	0.001	1.45	0	0.0	
2025 AHF - Sautéed Greens	2025 Ahf - Sautéed Greens	- Recipe -	4	Ounce	111.911	100%	111.911	51	3.35	2.38	6.12	256	28	238	19	4.5	0.23	0.189	0.007	0.54	0	0.0	
Total Recipe Weight: Stated Recipe Yield: 453.584 grams (gross) 473.115 (net) 473.115								409	31.49	14.36	42.05	298	117	1,064	651	9.5	1.18	5.436	0.013	3.50	0	0.0	
Less Evaporative Loss: (Net Nutritive Yield) - 0% = 473.115																							
Less Handling Loss: (Net Recipe Yield) - 0% = 473.115																							
Nutrient Reference Value (per 100g): (Relative to net nutritive yield.) = Nutrient Sum/Net Nutritive Yield * 100								90	6.94	3.17	9.27	66	26	235	144	2.1	0.26	1.199	0.003	0.77	0	0.0	
Recipe Yield Variance: [ABS(1 - ((Net Recipe Yield) / (Stated Recipe Yield))) * 100 %]																							
[Applied to Portion Size.] = ABS((1 - (473.115 / 453.584)) * 100 (%)) = 4%																							
Nutrients per Standard Portion Size: Ounce = 28.349 grams (Calculated).								26	1.97	0.90	2.63	19	7	67	41	0.6	0.07	0.340	0.001	0.22	0	0.0	

Note: Items appearing in bold indicate subassembly ingredients having yield variance, which may skew expected nutritional results.

Note: The current system setting for Nutritional Method is to use the Calculated recipe yield in determining nutrient content. Nutrient Reference Values may vary based upon the method used for analysis.

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