

Clovis Unified School District

Recipe: 002834 Babyback Ribs & Roll

Recipe Source:
Recipe Group: ENTREES

Recipe HACCP Process: #3 Complex Food Preparation

Alternate Recipe Name:
Number of Portions: 50
Size of Portion: EACH

R002838 Babyback Ribs..... 900290 Barbeque Sauce - Cattleman's..... R002837 Rib Rub Recipe..... R002080 51% Whole Wheat Bread 2011....	30 LB 1 BOTTLE 3 LB 50 (2 OZ)	<p><u>This is a TWO (2) day process:</u></p> <p>Day 1:</p> <ol style="list-style-type: none"> 1. From the package, cut the ribs down the center of the ribs, letting the knife score the membrane. 2. Using gloves, put your index finger under the membrane and pullaway from the back of the ribs. Discard membrane. 3. Flip the ribs over and spread 2 Tablespoons of rub on the outside of the rack of ribs. 4. Flip over on the other side and rub 1 Tablespoon on the inside of the ribs. 5. Wrap the ribs completley in foil and bake at 250° for 2 hours. Then, refridgerate overnight. <p>Day 2:</p> <ol style="list-style-type: none"> 6. Trim ends if necessary and cut ribs into 3 even sections (3-4 ribs/section) - being careful not to cut the rib bone. 7. Dip each section in approx. 3oz BBQ sauce and then place back into the oven at 250° for 1 hour until 165° F. 8. Serve warm. Each student will get 4 oz meat equiv. of rib meat + 2oz roll.
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*Nutrients are based upon 1 Portion Size (EACH)

Calories	691 kcal	Cholesterol	100.52 mg	Sugars	*3.75* g	Calcium	*71.85* mg	41.54%	Calories from Total Fat
Total Fat	31.88 g	Sodium	1988.86 mg	Protein	*27.00* g	Iron	*6.11* mg	15.67%	Calories from Saturated Fat
Saturated Fat	12.02 g	Carbohydrates	63.43 g	Vitamin A	2448.89 IU	Water ¹	*24.90* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	9.92 g	Vitamin C	*4.73* mg	Ash ¹	*3.46* g	36.73%	Calories from Carbohydrates
								15.63%	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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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Miscellaneous			Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt.....	2 oz					? - Milk
Grain.....	oz					? - Egg
Fruit.....	cup					? - Peanut
Vegetable.....	cup					? - Tree Nut
Milk.....	cup					? - Fish
Moisture & Fat Change						? - Shellfish
Moisture Change.	0%					? - Soy
Fat Change.....	0%					? - Wheat
Type of Fat.....						

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
R	002838	Babyback Ribs			
I	900290	Barbeque Sauce - Cattleman's			
R	002837	Rib Rub Recipe			
R	002080	51% Whole Wheat Bread 2011			

Notes

Production Notes:

Serving Notes:
Glove

Purchasing Guide:

Miscellaneous Notes:
8.5oz ribs
1 2oz roll

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