

# Cooking for Kids

## Recipe Sizing Report

<b>000143 - Green Chili Pork Burrito :</b>	<b>Components</b>	<b>Attributes</b>
HACCP Process: #2 Same Day Service Number of Portions: 100 Size of Portion: 1/2 CUP	Meat/Alt: 2 oz Grains: 2 oz Fruit: Vegetable: 0.5 cup Milk:	

Ingredients	Measures	Instructions
011282 ONIONS,RAW..... 799939 GARLIC,RAW..... 050385 OIL, VEGETABLE..... 051426 RICE, BROWN, LONG GRAIN,PARBOILED, DRY... 051565 8" Tortillas, Whole Grain or Whole Grain.....	1 2/3 CUPS (chopped) 1 2/3 cups 3 Tbsp + 1 tsp 6 lbs + 11 ozs 100 tortilla	1. In large pot over medium heat, sauté onions and garlic for 45 seconds or until garlic turns slightly brown.
120941 Pork Shreds..... 027047 SAUCE,SALSA,VERDE,RTS..... 799947 PEPPERS,CHILI,GRN,CND..... 799989 BASE, CHICKEN, LOW SODIUM..... 014429 WATER,MUNICIPAL.....	15 lbs + 10 ozs 3 1/3 cups 1 2/3 cups 1 Tbsp + 3/8 tsp 10 cup 8 fl oz	
011165 CILANTRO,RAW..... 001180 SOUR CREAM,FAT FREE..... 009161 LIME JUC,CND OR BTLD,UNSWTND.....	1 2/3 CUPS (CHOPPED) 1 2/3 cups 3/4 cup + 1 Tbsp	3. Finish by stirring in cilantro, lime juice, and sour cream.
799989 BASE, CHICKEN, LOW SODIUM..... 014429 WATER,MUNICIPAL.....	3/4 cup + 1 Tbsp 3 qts + 1 1/4 cups	4. In 2-inch hotel pan, place rice and chicken stock. Bake in 350° F oven for 15 minutes. Combine pork and rice mixtures.
		5. Using a 3/4 c. scoop, place pork onto a tortilla and wrap like a burrito. Place on sheet tray, top with cheese (optional) and hold hot for service.

\*Nutrients are based upon 1 Portion Size (1/2 CUP)

Calories	335 kcal	Cholesterol	40 mg	Sugars	*1.4* g	Calcium	55.08 mg	18.69%	Calories from Total Fat
Total Fat	6.95 g	Sodium	599 mg	Protein	21.19 g	Iron	1.42 mg	6.35%	Calories from Saturated Fat
Saturated Fat	2.36 g	Carbohydrates	46.32 g	Vitamin A	101.6 IU	Water <sup>1</sup>	*73.67* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	3.64 g	Vitamin C	3.1 mg	Ash <sup>1</sup>	*0.34* g	55.36%	Calories from Carbohydrates
								25.33%	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

<sup>1</sup> - denotes optional nutrient values

<sup>2</sup> - 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.**