

Cooking for Kids

Recipe Sizing Report

000113 - Monterey Chicken Flat Bread :	Components	Attributes
HACCP Process: #2 Same Day Service Number of Portions: 100 Size of Portion: 1 CUP	Meat/Alt: 2 oz Grains: 2 oz Fruit: Vegetable: 0.25 cup Milk:	

Ingredients	Measures	Instructions
050385 OIL, VEGETABLE..... 051521 Chicken, Fajita Seasoned Strips, Cooked,... 799939 GARLIC,RAW.....	1/3 cup + 4 tsp 15 lbs + 7 ozs 1/3 cup + 4 TSP (MINCED)	1. In large pot on medium heat place oil, garlic and chicken. Cook until chicken is thawed, or if already thawed, for 3 minutes.
011333 PEPPERS,SWEET,GREEN,RAW..... 011282 ONIONS,RAW..... 002075 SEASONING MIX,DRY,TACO,ORIGINAL.... 799902 CUMIN,GROUND.....	8 lbs + 6 ozs 8 lbs + 6 ozs 1/3 cup + 4 tsp 3 Tbsp + 1 tsp	2. Add julienned peppers, onions and seasonings. Cook for an additional 5 minutes or until peppers and onions are tender. Internal temperature must reach 165° F.
051551 Cheese, Reduced Fat, American, Sliced..... 902951 Bread Whole Grain Flatbread.....	6 lbs + 4 ozs 100 EACH	3. To serve, place chicken mixture on each flatbread. Top with cheese and return to hot box to allow cheese to melt.

*Nutrients are based upon 1 Portion Size (1 CUP)

Calories	384 kcal	Cholesterol	69 mg	Sugars	*8.1* g	Calcium	*35.45* mg	32.88%	Calories from Total Fat
Total Fat	14.03 g	Sodium	1119 mg	Protein	26.02 g	Iron	*2.10* mg	13.28%	Calories from Saturated Fat
Saturated Fat	5.67 g	Carbohydrates	37.37 g	Vitamin A	*164.7* IU	Water ¹	*69.55* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	4.40 g	Vitamin C	*33.4* mg	Ash ¹	*0.50* g	38.93%	Calories from Carbohydrates
								27.11%	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.