

Cooking for Kids

Recipe Sizing Report

000120 - Southwest Mac n Cheese :	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: Milk:	

Ingredients	Measures	Instructions
014429 WATER,MUNICIPAL..... 799984 PASTA, PENNE, MULTI-GRAIN, DRY.....	6 gals 13 lbs	1. Cook pasta in boiling water for 7-10 minutes or until tender but not mushy.
902688 FLOUR, ALL PURPOSE, ENRICHED, WHITE, BLE..... 050385 OIL, VEGETABLE..... 001175 MILK,FLUID,1% FAT,WO/ ADDED VIT A & VIT..... 799989 BASE, CHICKEN, LOW SODIUM.....	1 cup 1 cup 1 gal 3 Tbsp	2. In a medium pot, on low heat, make a roux using the oil and flour. Mix thoroughly. The mixture should look like wet sand. Add in milk and chicken base to the roux stirring constantly.
014429 WATER,MUNICIPAL..... 051558 Cheese, Mozzarella, Lite, Shredded..... 051551 Cheese, Reduced Fat, American, Sliced.....	1 gal 5 lbs 6 lbs + 12 ozs	3. Once mixture has thickened; add water. When milk mixture begins to simmer; slowly add cheeses (reserve 4 cups per pan for topping) stir the mixture constantly until thoroughly mixed and thick.
002075 SEASONING MIX,DRY,TACO,ORIGINAL..... 051504 Tomatoes, Diced, No Salt Added, Canned..... 050486 CORN, YELLOW, WHOLE KERNEL, COOKED FROM... 002009 CHILI POWDER..... 002030 PEPPER,BLACK.....	1/4 cup 6 lbs 5 lbs 1/4 cup 2 TSP (ground)	4. Combine can of diced tomatoes with taco seasoning. Stir until fully mixed. Add corn and other seasonings (except cilantro) mixing to ensure everything is incorporated.
011165 CILANTRO,RAW.....	1 cup	5. Add to cheese mixture and let cook on low heat for 5 minutes. Mix with pasta in 4-inch hotel pans. Top with remaining cheese and place in 350° F oven, uncovered, for 10 minutes or until internal temperature reaches 165° F. Let set for at least 15 minutes before serving. Garnish with cilantro.

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

Calories	423 kcal	Cholesterol	27 mg	Sugars	*5.0* g	Calcium	*76.33* mg	24.72%	Calories from Total Fat
Total Fat	11.62 g	Sodium	545 mg	Protein	22.37 g	Iron	*2.40* mg	12.09%	Calories from Saturated Fat
Saturated Fat	5.68 g	Carbohydrates	56.13 g	Vitamin A	*296.9* IU	Water ¹	*300.49* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	2.86 g	Vitamin C	*3.6* mg	Ash ¹	*0.71* g	53.08%	Calories from Carbohydrates
								21.16%	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.