

Cooking for Kids

Recipe Sizing Report

000014 - Apple Vinaigrette :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #1 No Cook Number of Portions: 100 Size of Portion: 1/2 OZ	Meat/Alt: Grains: Fruit: Vegetable: Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
009003 APPLES,RAW,WITH SKIN.....	4 large (3-1/4 dia)"	1. Cut apples into quarters and core them. 2. Place apples in blender.
002048 VINEGAR,CIDER..... 121063 Apple Juice, 100% Juice, 100% USA, box... 019296 HONEY..... 011282 ONIONS,RAW..... 083730 MUSTARD YELLOW PREPARED..... 799986 SALT, KOSHER.....	12 ozs 12 ozs 3/4 cup 1 CUP (chopped) 1/3 cup + 2 tsp 1 tsp	3. Add vinegar, juice, honey, onions, mustard, and salt to the apples and blend until smooth.
050385 OIL, VEGETABLE.....	3 cups	4. Stream in oil until mixture is emulsified and smooth. *Can substitute the apples with peaches for flavor variations.

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

Calories	73 kcal	Cholesterol	0 mg	Sugars	*3.5* g	Calcium	1.55 mg	80.66%	Calories from Total Fat
Total Fat	6.56 g	Sodium	20 mg	Protein	0.06 g	Iron	0.04 mg	11.86%	Calories from Saturated Fat
Saturated Fat	0.96 g	Carbohydrates	3.92 g	Vitamin A	4.8 IU	Water ¹	*15.66* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	0.25 g	Vitamin C	1.5 mg	Ash ¹	*0.06* g	21.42%	Calories from Carbohydrates
								0.34%	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.