

# Cooking for Kids

## Recipe Sizing Report

000033 - Asian Corn Salad :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 100 Size of Portion: 1/2 CUP	Meat/Alt: Grains: Fruit: Vegetable: 0.5 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
050488 PEAS, GREEN, COOKED FROM FROZEN, WITHOUT.... 011178 CORN,SWT,YEL,FRZ,KRNLS CUT OFF COB,UNPRE.... 799908 ONIONS,RED,RAW..... 011821 PEPPERS,SWT,RED,RAW.....	3 lbs + 11 1/4 ozs 18 lbs + 9 ozs 1 qt + 5/8 CUP (chopped) 1 qt + 5/8 CUP (chopped)	1. Place peas, corn, onions, and peppers in hotel pan and steam for 7 minutes or until internal temperature reaches 165° F.
902953 Vinegar, Rice Wine..... 019335 SUGARS,GRANULATED..... 902960 Sauce, Soy, Low Sodium..... 902936 Sambal Oelek Chili Sauce.....	1 lb + 13 5/8 ozs 3 Tbsp + 2 1/8 tsp 3/4 cup + 3 Tbsp 5 5/8 ozs	2. In blender, place vinegar, sugar, soy sauce, and sambal and blend until well mixed.
050385 OIL, VEGETABLE..... 004058 OIL,SESAME,SALAD OR COOKING.....	1 qt + 3 3/8 cups 3/4 cup + 3 Tbsp	3. Steam in oils slowly until mixture is emulsified and smooth.  4. Pour viniagrette over vegetables and hold hot for service.

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

Calories	256 kcal	Cholesterol	*0* mg	Sugars	*2.9* g	Calcium	20.81 mg	66.33%	Calories from Total Fat
Total Fat	18.90 g	Sodium	99 mg	Protein	3.68 g	Iron	0.67 mg	*9.73%*	Calories from Saturated Fat
Saturated Fat	*2.77* g	Carbohydrates	21.59 g	Vitamin A	920.1 IU	Water <sup>1</sup>	*75.96* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	3.02 g	Vitamin C	17.5 mg	Ash <sup>1</sup>	*0.46* g	33.67%	Calories from Carbohydrates
								5.73%	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.**