

Cooking for Kids

Recipe Sizing Report

| 000415 - Asian Corn Salad CACFP : | Components | Attributes | Allergens Present | Allergens Absent | Allergens Unidentified |
|--|---|------------|-------------------|------------------|--|
| HACCP Process: #2 Same Day Service Number of Portions: 25 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..... | 2 5/8 cups 15 1/2 cups 1 CUP, chopped + 1/4 CUP, chopped 1 CUP, chopped + 1/4 CUP, chopped | 1. Place peas, corn, onions, and peppers in hotel pan or a 12 x 20 inch 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..... | 14 7/8 Tbsp 2 3/4 tsp 3 Tbsp + 2 1/8 tsp 2 7/8 Tbsp | |
| 050385 OIL, VEGETABLE..... 004058 OIL,SESAME,SALAD OR COOKING..... | 1 3/4 cups + 1 1/2 Tbsp 3 Tbsp + 2 1/8 tsp | 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 ¹ | *75.96* g | *0.00%* | Calories from Trans Fat |
| Trans Fat ² | *0.00* g | Dietary Fiber | 3.02 g | Vitamin C | 17.5 mg | Ash ¹ | *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

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.