

Cooking for Kids

Recipe Sizing Report

000001 - Basil Pesto :	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
002044 BASIL,FRESH.....	6 1/4 ozs	1. Thoroughly wash basil.
799939 GARLIC,RAW..... 001185 PARMESAN CHS TOPPING,FAT FREE... 799986 SALT, KOSHER..... 002030 PEPPER,BLACK.....	3 Tbsp + 3/8 tsp 1 1/8 cups + 1/2 Tbsp 1 Tbsp + 1 5/8 tsp 2 3/8 TSP (ground)	2. Place basil, garlic, cheese, salt, and pepper in Robot Coupe and pulse until combined.
004053 OIL,OLIVE,SALAD OR COOKING.....	3 1/8 cups	3. Stream in oil until an emulsion is formed. 4. Taste and adjust seasonings as needed. Store up to 3 days in cooler.

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

Calories	64 kcal	Cholesterol	0 mg	Sugars	*0.0* g	Calcium	11.42 mg	95.67%	Calories from Total Fat
Total Fat	6.81 g	Sodium	84 mg	Protein	0.45 g	Iron	0.15 mg	13.52%	Calories from Saturated Fat
Saturated Fat	0.96 g	Carbohydrates	0.54 g	Vitamin A	95.2 IU	Water ¹	*1.87* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	0.05 g	Vitamin C	0.4 mg	Ash ¹	*0.09* g	3.40%	Calories from Carbohydrates
								2.83%	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.