

# Cooking for Kids

## Recipe Sizing Report

000155 - Basil Pesto Chicken Pasta :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
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:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
002044 BASIL,FRESH..... 011457 SPINACH,RAW..... 001185 PARMESAN CHS TOPPING,FAT FREE... 799939 GARLIC,RAW..... 799986 SALT, KOSHER..... 002030 PEPPER,BLACK..... 004053 OIL,OLIVE,SALAD OR COOKING.....	1 lb 3 cups 3 cups 1/2 cup 1/4 cup 2 TBSP (ground) 2 qts	1. Thoroughly wash basil before using. Place basil, spinach, cheese, garlic, salt, and pepper in Robot Coupe and pulse until combined. Stream in oil until an emulsion is formed. Taste and adjust seasonings as needed.
799984 PASTA, PENNE, MULTI-GRAIN, DRY.....	13 lbs	
051520 Chicken, Diced, Cooked, Frozen.....	14 lbs	2. Cook pasta according to package instructions.
001185 PARMESAN CHS TOPPING,FAT FREE... 051558 Cheese, Mozzarella, Lite, Shredded.....	1 lb 5 lbs	3. On sheet trays, place chicken and bake at 350° F for 15 minutes or until internal temperature reaches 165° F.  4. In a 4 inch steam pan, mix pesto, pasta, chicken, parmesan cheese, and 3/4 of the mozzarella cheese together until sauce coats chicken and pasta.  5. Garnish the pasta mixture with remaining mozzarella and place in oven at 350° F for 10 minutes. Serve hot.

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

Calories	529 kcal	Cholesterol	56 mg	Sugars	*0.1* g	Calcium	*78.90* mg	39.47%	Calories from Total Fat
Total Fat	23.20 g	Sodium	470 mg	Protein	29.76 g	Iron	*3.00* mg	7.44%	Calories from Saturated Fat
Saturated Fat	4.37 g	Carbohydrates	48.30 g	Vitamin A	*335.0* IU	Water <sup>1</sup>	*6.01* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	2.01 g	Vitamin C	*2.6* mg	Ash <sup>1</sup>	*0.54* g	36.52%	Calories from Carbohydrates
								22.50%	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.**