

Cooking for Kids

Recipe Sizing Report

000446 - Bean Medley 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
011282 ONIONS,RAW..... 799939 GARLIC,RAW.....	4 tsp 4 tsp	1. Chop onions and mince garlic.
014429 BEVERAGES,H2O,TAP,MUNICIPAL..... 900165 BASE, CHICKEN..... 799989 BASE, CHICKEN, LOW SODIUM..... 799961 BEANS, CANNED, BLACK (TURTLE), LOW SODIU.... 799957 BEANS, CANNED, PINTO, WHOLE, LOW-SODIUM... 799986 SALT, KOSHER..... 002030 PEPPER,BLACK..... 002020 GARLIC POWDER..... 002026 ONION POWDER..... 902940 Seasoning, Italian.....	2 2/3 cups 1/2 tsp 1/4 Tbsp 2 cups 2 cups 3/4 tsp 1/2 tsp 2 tsp 2 tsp 2 tsp	2. In a 4 inch steam pan, or 4 inch deep dish, combine all ingredients and mix until everything is incorporated. 3. Cover with foil and bake in a 350° F oven for 45 minutes or until internal temperature reaches 165° F.

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

Calories	37 kcal	Cholesterol	0 mg	Sugars	*0.0* g	Calcium	18.07 mg	5.78%	Calories from Total Fat
Total Fat	0.24 g	Sodium	108 mg	Protein	2.23 g	Iron	0.69 mg	1.35%	Calories from Saturated Fat
Saturated Fat	0.06 g	Carbohydrates	6.70 g	Vitamin A	1.4 IU	Water ¹	*26.03* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	2.29 g	Vitamin C	0.9 mg	Ash ¹	*0.05* g	72.24%	Calories from Carbohydrates
								24.00%	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.