

# Cooking for Kids

## Recipe Sizing Report

000031 - Beef Fajitas :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 50 Size of Portion: 1	Meat/Alt: 2.75 oz Grains: 1.5 oz Fruit: Vegetable: 0.25 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
011282 ONIONS,RAW..... 011333 PEPPERS,SWT,GRN,RAW.....	10 ozs 1 lb + 4 ozs	1. Wash all produce thoroughly. Julienne onions and peppers.
050385 OIL, VEGETABLE.....	1/2 Tbsp	2. In a large pot, sauté onions and peppers with oil to desired texture.
120930 Beef Shreds..... 002075 SEASONING MIX, DRY, TACO, ORIGINAL..... 799902 CUMIN, GROUND..... 002020 GARLIC POWDER.....	7 lbs + 8 ozs 2 ozs 1 1/2 Tbsp 1 Tbsp	3. In a large pot on stove or steam pan in oven at 350° F, heat beef with seasonings until it reaches an internal temperature of 165° F.
051565 Tortillas, Whole Grain or Whole Grain-Ri..... 051551 Cheese, American Blended, Yellow, Skim/R..... 799943 TOMATOES, RED, RIPE, RAW, YEAR RND AVERAGE....	50 tortilla 1 lb + 14 ozs 1 lb + 8 ozs	4. Heat tortillas in warmer. To serve, place beef, onions, and peppers on tortilla. Top with cheese and tomatoes.

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

Calories	321 kcal	Cholesterol	53 mg	Sugars	*2.8* g	Calcium	*45.70* mg	39.51%	Calories from Total Fat
Total Fat	14.08 g	Sodium	658 mg	Protein	22.69 g	Iron	*1.88* mg	16.70%	Calories from Saturated Fat
Saturated Fat	5.95 g	Carbohydrates	25.53 g	Vitamin A	*200.3* IU	Water <sup>1</sup>	*28.65* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	2.64 g	Vitamin C	*11.4* mg	Ash <sup>1</sup>	*0.52* g	31.84%	Calories from Carbohydrates
								28.30%	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.**