

Cooking for Kids

Recipe Sizing Report

Page 1

Feb 2, 2022

000158 - Beef Nacho :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #3 Complex Food Preparation Number of Portions: 50 Size of Portion: 1/2 CUP	Meat/Alt: 2 oz Grains: 2 oz Fruit: Vegetable: Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
051506 Beef, Crumbles w/SPP, Cooked, Frozen..... 011282 ONIONS,RAW..... 050385 OIL, VEGETABLE.....	5 lbs + 11 ozs 3/4 cup + 3 TBSP (chopped) 1/2 tsp	1. Brown beef and onions together with oil over medium heat.
051500 Tomato Paste, No Salt Added, Canned..... 051504 Tomatoes, Diced, No Salt Added, Canned.....	1 1/8 ozs 1 lb + 3 3/4 ozs	2. Add tomato paste to beef mixture and allow to slightly brown, then add diced tomatoes. Simmer for 15 minutes.
014429 BEVERAGES,H2O,TAP,MUNICIPAL..... 799986 SALT, KOSHER..... 002009 CHILI POWDER..... 799939 GARLIC,RAW..... 002075 SEASONING MIX, DRY, TACO, ORIGINAL..... 002030 PEPPER, BLACK..... 799902 CUMIN, GROUND..... 799989 BASE, CHICKEN, LOW SODIUM.....	1 qt + 2 cups 1 1/2 Tbsp 1/4 cup + 1 5/8 tsp 1/3 cup + 2 1/8 tsp 1/4 cup + 1 5/8 tsp 1 1/2 TBSP (ground) 1 1/2 TBSP 2 1/4 tsp	3. Add water and remaining seasonings. Simmer for an additional 20 minutes or until the internal temperature reaches 165° F.
902985 CHIPS, TORTILLA, OVEN BAKED, REGULAR, WH.... 902948 Italian Cheese Sauce Commodity Processed..... 051495 Salsa, Low-sodium, Canned.....	7 lbs + 9 ozs 1 lb + 14 1/3 ozs 3 ozs	4. To serve, place 1/2 cup of beef mixture on tortilla chips and drizzle 1 oz. of warm cheese sauce on top. Serve salsa on the side.

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

Calories	438 kcal	Cholesterol	42 mg	Sugars	*0.9* g	Calcium	136.02 mg	32.82%	Calories from Total Fat
Total Fat	15.98 g	Sodium	855 mg	Protein	16.58 g	Iron	2.19 mg	11.68%	Calories from Saturated Fat
Saturated Fat	5.69 g	Carbohydrates	59.54 g	Vitamin A	341.4 IU	Water ¹	*32.17* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	7.13 g	Vitamin C	2.1 mg	Ash ¹	*0.41* g	54.36%	Calories from Carbohydrates
								15.14%	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.