

# Cooking for Kids

## Recipe Sizing Report

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000449 - Beef Pad Thai 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: 2 oz Grains: 2 oz Fruit: Vegetable: 0.25 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
902995 SPAGHETTI, WHOLE GRAIN, DRY.....	6 lbs	1. Cook pasta according to package instructions.
050385 OIL, VEGETABLE..... 011282 ONIONS,RAW..... 799939 GARLIC,RAW..... 011216 GINGER ROOT,RAW..... 011109 CABBAGE,RAW..... 011124 CARROTS,RAW..... 011333 PEPPERS,SWT,GRN,RAW..... 011821 PEPPERS,SWT,RED,RAW.....	1/4 cup 1/2 CUP (chopped) 3 TBSP (MINCED) 3 Tbsp 3 CUPS (chopped) 1 CUP (grated) 1/2 CUP (sliced) 1/2 CUP (sliced)	2. In a large braising pan, add oil, sautéed onions, garlic, and ginger for 45 seconds. Add cabbage, carrots, and peppers and continue to sauté until vegetables are just tender.
004058 OIL,SESAME,SALAD OR COOKING..... 006175 SAUCE,HOISIN,RTS..... 902960 Sauce, Soy, Low Sodium..... 006189 SAUCE,TERIYAKI,RTS,RED NA..... 009152 LEMON JUICE,RAW..... 902953 Vinegar, Rice Wine..... 901530 SUGARS,BROWN,LIGHT..... 902956 Sauce, Sriracha.....	1/4 cup 7 Tbsp + 1/4 tsp 2 Tbsp 1 cup 2 Tbsp 1 Tbsp 1 TBSP (packed) 2 tsp	3. In a large bowl, combine sesame oil, hoisin, soy, teriyaki, lem on juice, vinegar, sugar, and sriracha. Mix together until all is fully incorporated.
051506 Beef, Crumbles w/SPP, Cooked, Frozen...	3 lbs + 4 ozs	4. Add beef and sauce to vegetable mixture and heat. Add pasta and stir to combine. Heat to 165° F and hold hot for service.

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

Calories	575 kcal	Cholesterol	41 mg	Sugars	*3.7* g	Calcium	82.18 mg	21.11%	Calories from Total Fat
Total Fat	13.48 g	Sodium	537 mg	Protein	28.29 g	Iron	5.32 mg	7.26%	Calories from Saturated Fat
Saturated Fat	4.64 g	Carbohydrates	92.40 g	Vitamin A	895.6 IU	Water <sup>1</sup>	*32.34* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	13.30 g	Vitamin C	10.3 mg	Ash <sup>1</sup>	*1.36* g	64.33%	Calories from Carbohydrates
								19.70%	Calories from Protein

**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.

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\*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.

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