

Cooking for Kids

Recipe Sizing Report

000002 - Bolognese Meat Sauce :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 100 Size of Portion: 1/2 CUP	Meat/Alt: 2 oz Grains: Fruit: Vegetable: 0.25 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
011282 ONIONS,RAW..... 799939 GARLIC,RAW.....	1 QT 1/2 cup	1. Mince onion and garlic together in a food processor or small dice onions and mince garlic.
050385 OIL, VEGETABLE.....	1/4 cup	
051506 Beef, Crumbles w/SPP, Cooked, Frozen..... 051504 Tomatoes, Diced, No Salt Added, Canned... 051502 Tomato Sauce, Low-sodium, Canned..... 051500 Tomato Paste, No Salt Added, Canned..... 799903 GARLIC,GRANULATED..... 002030 PEPPER,BLACK..... 002031 PEPPER,RED OR CAYENNE..... 901071 OREGANO LEAVES,DRIED..... 901561 THYME LEAF,DRIED..... 799986 SALT, KOSHER..... 002026 ONION POWDER.....	18 lbs 4 lbs 36 lbs 6 lbs 1/2 cup 1/4 cup (ground) 1/4 cup 1/2 cup 1/2 cup 1/2 cup 1/2 cup	2. Heat oil in a pan and sauté onion and garlic for about 2 minutes. 3. Add meat and remaining ingredients, be sure to include the liquid in the diced tomatoes. Season and reduce heat to low. Simmer for 45 minutes. Taste and adjust seasonings as needed.

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

Calories	251 kcal	Cholesterol	56 mg	Sugars	*9.5* g	Calcium	43.82 mg	38.99%	Calories from Total Fat
Total Fat	10.86 g	Sodium	858 mg	Protein	18.02 g	Iron	3.55 mg	18.72%	Calories from Saturated Fat
Saturated Fat	5.21 g	Carbohydrates	22.62 g	Vitamin A	883.0 IU	Water ¹	*6.26* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	6.79 g	Vitamin C	13.0 mg	Ash ¹	*0.15* g	36.10%	Calories from Carbohydrates
								28.76%	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.