

Cooking for Kids

Recipe Sizing Report

000192 - Breakfast Burrito :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 50 Size of Portion: 1 EACH	Meat/Alt: 0.5 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..... 011980 PEPPERS,CHILI,GRN,CND.....	2 3/4 cups + 1 1/2 Tbsp 2 3/4 cups + 1 1/2 Tbsp 2/3 cup + 2 1/4 tsp	1. Wash and chop onions and peppers.
050385 OIL, VEGETABLE.....	1 Tbsp + 1 1/4 tsp	2. In a large pan over medium heat, saute onions and peppers in oil until soft.
001124 EGG,WHITE,RAW,FRESH..... 051520 Chicken, Diced, Cooked, Frozen.....	10 lbs 3 lbs + 9 1/8 ozs	3. Add in eggs and diced chicken, cook until eggs start to come together.
051556 Cheese, Cheddar, Yellow, Reduced Fat, Sh... 799973 TORTILLA, WHOLE WHEAT 6".....	11 1/2 ozs 50 TORTILLA 6"	4. Add the rest of the ingredients and stir until incorporated. To build burritos, place 6 ounces of egg mixture onto each tortilla and roll.

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

Calories	206 kcal	Cholesterol	29 mg	Sugars	*1.2* g	Calcium	*90.02* mg	22.24%	Calories from Total Fat
Total Fat	5.09 g	Sodium	457 mg	Protein	21.53 g	Iron	*1.07* mg	8.66%	Calories from Saturated Fat
Saturated Fat	1.98 g	Carbohydrates	17.23 g	Vitamin A	*34.2* IU	Water ¹	*97.44* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	2.33 g	Vitamin C	*8.9* mg	Ash ¹	*0.67* g	33.49%	Calories from Carbohydrates
								41.85%	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.