

Cooking for Kids

Recipe Sizing Report

000397 - Breakfast Burrito CACFP :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 25 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.....	1 cup + 1 1/2 Tbsp 1 cup + 1 1/2 Tbsp 1/4 cup + 1 3/8 tsp	1. Wash and chop onions and peppers into bite sized pieces.
050385 OIL, VEGETABLE.....	1 5/8 tsp	
001124 EGG,WHITE,RAW,FRESH..... 051520 Chicken, Diced, Cooked, Frozen.....	53 1/2 large 1 lb + 6 1/4 ozs	2. In a large pan on stove top over medium heat, saute onions and peppers in oil until soft. 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".....	1 1/8 cups 19 1/2 TORTILLA 6"	4. Add the rest of the ingredients and stir until incorporated. To build burritos, place 1/2 cup of egg mixture onto each tortilla and roll.

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

Calories	160 kcal	Cholesterol	22 mg	Sugars	*1.0* g	Calcium	*70.02* mg	22.24%	Calories from Total Fat
Total Fat	3.96 g	Sodium	355 mg	Protein	16.75 g	Iron	*0.83* mg	8.66%	Calories from Saturated Fat
Saturated Fat	1.54 g	Carbohydrates	13.40 g	Vitamin A	*26.6* IU	Water ¹	*75.78* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	1.82 g	Vitamin C	*6.9* mg	Ash ¹	*0.52* 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.