

Cooking for Kids

Recipe Sizing Report

000244 - Breakfast Quinoa :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 100 Size of Portion: .5 cup	Meat/Alt: Grains: 0.5 oz Fruit: Vegetable: Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
020035 QUINOA,UNCKD..... 014429 BEVERAGES,H2O,TAP,MUNICIPAL...	1 1/2 gals + 1 cup 3 gals + 2 cups	1. Place quinoa in a fine-mesh strainer and rinse under running water. Place in medium sauce pan with 2 cups of water on medium heat. Heat until water comes to a boil, turn off heat and cover. Let sit for 10 minutes.
002010 CINNAMON,GROUND..... 019296 HONEY.....	1/2 cup + 1 tsp 3 1/8 cups	2. Add remaining ingredients and stir until fully incorporated. Serve cold or hot. Optional: Add nuts or fruit.

*Nutrients are based upon 1 Portion Size (.5 cup)

Calories	190 kcal	Cholesterol	0 mg	Sugars	*8.7* g	Calcium	30.68 mg	12.24%	Calories from Total Fat
Total Fat	2.59 g	Sodium	6 mg	Protein	6.06 g	Iron	2.04 mg	1.43%	Calories from Saturated Fat
Saturated Fat	0.30 g	Carbohydrates	36.52 g	Vitamin A	7.9 IU	Water ¹	125.91 g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	3.34 g	Vitamin C	*0.1* mg	Ash ¹	1.17 g	76.80%	Calories from Carbohydrates
								12.74%	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.