

Cooking for Kids

Recipe Sizing Report

000364 - Broccoli Cheese Soup CACFP :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 25 Size of Portion: 1 CUP	Meat/Alt: 2 oz Grains: Fruit: Vegetable: 0.5 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
011282 ONIONS,RAW..... 001145 BUTTER,WITHOUT SALT..... 011090 BROCCOLI,RAW.....	2 1/4 CUP, chopped 1 1/8 cups 31 1/4 CUP, chopped	1. Sauté onions in butter over medium high heat. Add broccoli and continue to cook for 2 minutes.
001175 MILK,FLUID,1% FAT,WO/ ADDED VIT A & VIT... 014429 BEVERAGES,H2O,TAP,MUNICIPAL..... 799986 SALT, KOSHER..... 002030 PEPPER,BLACK.....	6 1/4 cups 3 1/4 cups 1 Tbsp 1/2 TBSP (ground)	2. Add milk and water to pot. Season with salt and pepper. Simmer until broccoli is tender, about 7 minutes.
051558 Cheese, Mozzarella, Lite, Shredded.....	12 1/3 cups	3. Add cheese slowly while mixture is at a simmer, constantly whisking until mixture is smooth and creamy. Hold hot for service.

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

Calories	263 kcal	Cholesterol	45 mg	Sugars	*5.7* g	Calcium	*136.58* mg	52.31%	Calories from Total Fat
Total Fat	15.30 g	Sodium	594 mg	Protein	19.50 g	Iron	*0.89* mg	33.07%	Calories from Saturated Fat
Saturated Fat	9.67 g	Carbohydrates	13.98 g	Vitamin A	*991.1* IU	Water ¹	*201.04* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	3.22 g	Vitamin C	*102.2* mg	Ash ¹	*1.54* g	21.24%	Calories from Carbohydrates
								29.63%	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.