

Cooking for Kids

Recipe Sizing Report

000130 - Cajun Chicken Pasta :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 50 Size of Portion: 1 CUP	Meat/Alt: 2 oz Grains: 2 oz Fruit: Vegetable: Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
051521 Chicken, Fajita Seasoned Strips, Cooked,..... 902948 Italian Cheese Sauce Commodity Processed..... 001175 MILK,FLUID,1% FAT,WO/ ADDED VIT A & VIT..... 011282 ONIONS,RAW..... 011333 PEPPERS,SWT,GRN,RAW..... 011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE.... 002028 PAPRIKA..... 002020 GARLIC POWDER..... 002030 PEPPER,BLACK..... 002026 ONION POWDER..... 002031 PEPPER,RED OR CAYENNE..... 901071 OREGANO LEAVES,DRIED..... 901561 THYME LEAF,DRIED.....	7 lbs + 8 ozs 5 lbs 2 cups 3 CUPS (chopped) 3 CUPS (chopped) 1/2 oz 1 Tbsp + 1 tsp 3 Tbsp 1 Tbsp + 1 TSP (ground) 1 Tbsp 1 Tbsp 2 Tbsp 2 Tbsp	1. Place chicken, cheese, milk, onion, peppers, tomatoes, and spic es in hotel pan. Stir to combine. Cover with foil and place in 350° F oven for 30 minutes.
799984 PASTA, PENNE, MULTI-GRAIN, DRY.....	6 lbs + 8 ozs	2. Cook pasta according to package instructions. Drain and set aside. 3. Remove chicken mixture from oven and stir. Return to oven for an additional 10 minutes. Ensure that the internal temperature has reached 165° F. 4. Mix chicken mixture and pasta together. Hold hot for service.

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

Calories	389 kcal	Cholesterol	69 mg	Sugars	*3.1* g	Calcium	194.36 mg	21.39%	Calories from Total Fat
Total Fat	9.26 g	Sodium	726 mg	Protein	25.45 g	Iron	2.57 mg	11.26%	Calories from Saturated Fat
Saturated Fat	4.87 g	Carbohydrates	50.04 g	Vitamin A	243.0 IU	Water ¹	*26.11* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	2.50 g	Vitamin C	8.2 mg	Ash ¹	*0.22* g	51.40%	Calories from Carbohydrates
								26.15%	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.