

Cooking for Kids

Recipe Sizing Report

| 000169 - Cajun Chicken Sandwich : | 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: 2 oz Grains: 2 oz Fruit: Vegetable: Milk: | | | | ? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat |

| Ingredients | Measures | Instructions |
|--|---|---|
| 902957 Chicken, Shredded..... 001186 CHEESE, CREAM, FAT FREE... 799908 ONIONS, RED, RAW..... 011821 PEPPERS, SWT, RED, RAW..... 799902 CUMIN, GROUND..... 002009 CHILI POWDER..... 002020 GARLIC POWDER..... 799986 SALT, KOSHER..... 902972 ITALIAN SEASONING..... 002028 PAPRIKA..... | 9 lbs + 6 ozs 5 lbs 2 1/2 PINT, chopped 1 qt + 2 1/4 CUPS (chopped) 1 Tbsp + 3/4 tsp 1 Tbsp + 3/4 tsp 2 1/2 Tbsp 1 1/4 tsp 5/8 oz 1 Tbsp + 3/4 tsp | 1. Place chicken, cream cheese, diced onion, peppers, and spices in hotel pan and stir. Cover with foil and place in a 350° F oven for 30 minutes. 2. Remove from oven and stir. Return to oven for an additional 10 minutes. Ensure that internal temperature has reached 165° F. |
| 902962 Bread, Whole Grain Bun 2oz.... | 50 Each | 3. To serve, place 3 ounces of chicken mixture on bun. |

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

| | | | | | | | | | |
|------------------------|----------|---------------|---------|-----------|------------|--------------------|-----------|---------|-----------------------------|
| Calories | 318 kcal | Cholesterol | 67 mg | Sugars | *5.3* g | Calcium | 227.09 mg | 21.39% | Calories from Total Fat |
| Total Fat | 7.57 g | Sodium | 711 mg | Protein | 30.73 g | Iron | 2.82 mg | 4.76% | Calories from Saturated Fat |
| Saturated Fat | 1.69 g | Carbohydrates | 33.06 g | Vitamin A | *754.5* IU | Water ¹ | *64.12* g | *0.00%* | Calories from Trans Fat |
| Trans Fat ² | *0.00* g | Dietary Fiber | 3.85 g | Vitamin C | 26.2 mg | Ash ¹ | *1.92* g | 41.53% | Calories from Carbohydrates |
| | | | | | | | | 38.60% | 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.