

Cooking for Kids

Recipe Sizing Report

000453 - Cajun Chicken Sandwich 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: 2 oz Grains: 2 oz Fruit: Vegetable: Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
902957 Chicken, Shredded.....	4 lbs + 11 ozs	1. Place chicken, cream cheese, diced onion, peppers, and spices in hotel pan, or 12 x 20 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 10minutes. Ensure that internal temperature has reached 165° F.
001186 CHEESE, CREAM, FAT FREE...	4 cups	
799908 ONIONS, RED, RAW.....	2 1/2 cups (chopped)	
011821 PEPPERS, SWT, RED, RAW.....	3 1/8 cups (chopped)	
799902 CUMIN, GROUND.....	1 7/8 tsp	
002009 CHILI POWDER.....	1 7/8 tsp	
002020 GARLIC POWDER.....	1 Tbsp + 3/4 tsp	
799986 SALT, KOSHER.....	5/8 tsp	
902972 ITALIAN SEASONING.....	2 Tbsp + 1 3/8 tsp	
002028 PAPRIKA.....	1 7/8 tsp	
902962 Bread, Whole Grain Bun 2oz....	25 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.