

Cooking for Kids

Recipe Sizing Report

000327 - Calabacitas	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 50 Size of Portion: servings	Meat/Alt: Grains: Fruit: Vegetable: Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
902935 Zucchini, Raw..... 011641 SQUASH,SMMR,ALL VAR,RAW... 011821 PEPPERS,SWT,RED,RAW.....	10 lbs 5 lbs 2 cups	1. Cut squash into 1/2 inch pieces and chop bell pepper into small dice.
050385 OIL, VEGETABLE.....	1 cup	
799903 GARLIC,GRANULATED..... 002029 PARSLEY,DRIED..... 902981 Red Chile Flakes..... 001032 CHEESE,PARMESAN,GRATED....	1/4 cup 3 Tbsp 1/4 oz 2 cups	2. Toss vegetables in oil. 3. Mix all dry ingredients in a large bowl with a whisk. 4. Toss oiled vegetables with this dry mixture. 5. Bake on sheet pans lined with parchment paper for 10 minutes at 375° F. Pull out of oven and toss mixture, then bake for another 10 minutes until tender. 6. Store on sheet pans until service time in warming oven.

*Nutrients are based upon 1 Portion Size (servings)

Calories	*82* kcal	Cholesterol	*3* mg	Sugars	*3.7* g	Calcium	*58.96* mg	*64.91%*	Calories from Total Fat
Total Fat	*5.90* g	Sodium	*81* mg	Protein	*3.01* g	Iron	*0.53* mg	*14.98%*	Calories from Saturated Fat
Saturated Fat	*1.36* g	Carbohydrates	*6.18* g	Vitamin A	*518.7* IU	Water ¹	*49.38* g	*0.39%*	Calories from Trans Fat
Trans Fat ²	*0.04* g	Dietary Fiber	*1.60* g	Vitamin C	*31.9* mg	Ash ¹	*0.63* g	*30.24%*	Calories from Carbohydrates
								14.71%	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.