

Cooking for Kids

Recipe Sizing Report

000184 - Caribbean Pork Tacos :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #3 Complex Food Preparation Number of Portions: 50 Size of Portion: 1EACH	Meat/Alt: 2 oz Grains: 2 oz Fruit: Vegetable: 0.25 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
011109 CABBAGE,RAW..... 799908 ONIONS,RED,RAW..... 009160 LIME JUICE,RAW..... 799986 SALT, KOSHER.....	2 lbs 8 ozs 2 Tbsp 1 tsp	1. Combine shredded cabbage, onion, lime juice, and salt in a bowl. Set aside.
001256 YOGURT,GREEK,PLN,NONFAT..... 799902 CUMIN,GROUND..... 002009 CHILI POWDER..... 011165 CORIANDER (CILANTRO) LEAVES,RAW...	1 lb 2 tsp 1 Tbsp + 1 tsp 1 cup	
120941 Pork Shreds.....	7 lbs	3. In a hotel pan, place pork, cover, and cook in steamer for 15 minutes or until internal temperature reaches 165° F.
051565 Tortillas, Whole Grain or Whole Grain-Ri.....	50 tortilla	4. Steam or bake the tortillas to heat through (best to use foil wrap). To serve, place the tortillas on a plate, spread 1/4 cup of the cabbage mixture down the center, and top with 2.2 oz pork and 1 tbsp of yogurt sauce.

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

Calories	206 kcal	Cholesterol	37 mg	Sugars	*1.9* g	Calcium	60.03 mg	22.46%	Calories from Total Fat
Total Fat	5.14 g	Sodium	444 mg	Protein	15.66 g	Iron	0.49 mg	10.21%	Calories from Saturated Fat
Saturated Fat	2.34 g	Carbohydrates	23.82 g	Vitamin A	*105.2* IU	Water ¹	*29.36* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	2.62 g	Vitamin C	*7.3* mg	Ash ¹	*0.24* g	46.23%	Calories from Carbohydrates
								30.38%	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.