

Cooking for Kids

Recipe Sizing Report

000047 - Cauliflower Au Gratin :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 100 Size of Portion: 1/2 CUP	Meat/Alt: Grains: Fruit: Vegetable: 0.5 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
011135 CAULIFLOWER,RAW.....	24 lbs	1. Steam cauliflower in perforated pan for approximately 15 minutes or until tender.
902948 Italian Cheese Sauce Commodity Processed... 799947 PEPPERS,CHILI,GRN,CND.....	13 lbs + 4 ozs 1 lb + 14 ozs	2. Put cauliflower in 4 inch hotel pan and mix in cheese sauce and green chili peppers. 3. Bake in oven uncovered for 15 minutes or until the internal temperature reaches 165° F. Hold hot for service.

*Nutrients are based upon 1 Portion Size (1/2 CUP)

Calories	121 kcal	Cholesterol	21 mg	Sugars	*2.8* g	Calcium	239.01 mg	55.06%	Calories from Total Fat
Total Fat	7.39 g	Sodium	448 mg	Protein	7.80 g	Iron	0.57 mg	32.64%	Calories from Saturated Fat
Saturated Fat	4.38 g	Carbohydrates	7.92 g	Vitamin A	81.4 IU	Water ¹	*108.16* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	2.32 g	Vitamin C	55.4 mg	Ash ¹	*0.94* g	26.22%	Calories from Carbohydrates
								25.83%	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.