

# Cooking for Kids

## Recipe Sizing Report

000456 - Cauliflower Au Gratin CACFP :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 25 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.....	3 1/4 head large (6-7" dia.)	1. Steam cauliflower in perforated pan for approximately 15 minutes or until tender.
902948 Italian Cheese Sauce Commodity Processed... 799947 PEPPERS,CHILI,GRN,CND.....	5 7/8 cups 1 1/2 cups	2. Put cauliflower in 4 inch hotel pan, or a 12 x 20 inch 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 <sup>1</sup>	*108.16* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	2.32 g	Vitamin C	55.4 mg	Ash <sup>1</sup>	*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

<sup>1</sup> - denotes optional nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.