

Cooking for Kids

Recipe Sizing Report

000461 - Chicken Curry CACFP :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 25 Size of Portion: 1 CUP	Meat/Alt: 2 oz Grains: Fruit: Vegetable: Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
002015 CURRY POWDER..... 002020 GARLIC POWDER..... 002026 ONION POWDER..... 902937 Ranch Mix..... 051520 Chicken, Diced, Cooked, Frozen.....	1/2 cup 1 Tbsp 1 Tbsp 2 Tbsp 3 lbs + 2 ozs	1. Toss seasonings with chicken as a dry rub to infuse flavor. Let marinate over night or for 2 hours in walk-in, or in the fridge.
000084 CHICKEN STOCK..... 014429 BEVERAGES,H2O,TAP,MUNICIPAL..... 020027 CORNSTARCH.....	1 cup 2 Tbsp 1/4 cup	
011282 ONIONS,RAW..... 050385 OIL, VEGETABLE.....	9 7/8 cup 1/2 Tbsp	3. Julienne onions and toss in oil. Roast in oven for 7 minutes until tender and slightly brown.
002048 VINEGAR,CIDER..... 011165 CORIANDER (CILANTRO) LEAVES,RAW...	1/4 cup 1/2 CUP (CHOPPED)	4. Toss with vinegar and cilantro then stir into chicken mixture. Serve hot.

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

Calories	107 kcal	Cholesterol	42 mg	Sugars	*2.0* g	Calcium	*22.94* mg	21.90%	Calories from Total Fat
Total Fat	2.61 g	Sodium	119 mg	Protein	12.92 g	Iron	*0.88* mg	0.78%	Calories from Saturated Fat
Saturated Fat	0.09 g	Carbohydrates	7.11 g	Vitamin A	*82.2* IU	Water ¹	*45.26* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	1.91 g	Vitamin C	*5.0* mg	Ash ¹	*0.34* g	26.55%	Calories from Carbohydrates
								48.23%	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.