

# Cooking for Kids

## Recipe Sizing Report

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Feb 23, 2022

000112 - Chicken Fajita :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 100 Size of Portion: 1 CUP	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
050385 OIL, VEGETABLE..... 799939 GARLIC,RAW..... 051521 Chicken, Fajita Seasoned Strips, Cooked,...	1/3 cup + 4 tsp 1/3 cup + 4 tsp 15 lbs + 7 ozs	1. In a large pot on medium heat, place oil, garlic, and chicken. Cook until chicken is thawed, or if already thawed, for 3 minutes.
011333 PEPPERS,SWT,GRN,RAW..... 011282 ONIONS,RAW..... 002075 SEASONING MIX,DRY,TACO,ORIGINAL.... 799902 CUMIN,GROUND.....	3 lbs + 5 1/3 ozs 3 lbs + 5 1/3 ozs 1/3 cup + 4 tsp 3 Tbsp + 1 tsp	2. Add julienned peppers, onions, and seasonings. Cook for an additional 5 minutes or until peppers and onions are tender and internal temperature reaches 165° F.
799973 TORTILLA, WHOLE WHEAT 6".....	100 TORTILLA 6"	3. Place in a hotel pan and hold hot for service. Serve using one tortilla placing the chicken mixture on top.

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

Calories	199 kcal	Cholesterol	54 mg	Sugars	*2.5* g	Calcium	87.97 mg	26.66%	Calories from Total Fat
Total Fat	5.91 g	Sodium	704 mg	Protein	16.51 g	Iron	1.25 mg	11.77%	Calories from Saturated Fat
Saturated Fat	2.61 g	Carbohydrates	19.18 g	Vitamin A	80.3 IU	Water <sup>1</sup>	*28.05* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	2.62 g	Vitamin C	13.5 mg	Ash <sup>1</sup>	*0.32* g	38.47%	Calories from Carbohydrates
								33.11%	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.

**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.