

Cooking for Kids

Recipe Sizing Report

Page 1

Feb 23, 2022

000160 - Chicken Nacho :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #3 Complex Food Preparation Number of Portions: 50 Size of Portion: 1/2 CUP	Meat/Alt: 2 oz Grains: 2 oz Fruit: Vegetable: Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
011282 ONIONS,RAW.....	3/4 cup + 3 TBSP (chopped)	1. Cook onions in braising pan over medium heat for 2 minutes or until they become translucent.
051520 Chicken, Diced, Cooked, Frozen.....	6 lbs + 13 ozs	2. Add chicken and continue to cook for 2 minutes.
051504 Tomatoes, Diced, No Salt Added, Canned..... 051500 Tomato Paste, No Salt Added, Canned..... 014429 BEVERAGES,H2O,TAP,MUNICIPAL.....	1 lb + 3 3/4 ozs 3/4 oz 1 qt + 2 cups	3. Mix diced tomatoes with tomato paste and water, then add to chicken mixture. Simmer for 15 minutes.
051495 Salsa, Low-sodium, Canned..... 799989 BASE, CHICKEN, LOW SODIUM..... 799986 SALT, KOSHER..... 002030 PEPPER,BLACK..... 002009 CHILI POWDER..... 799939 GARLIC,RAW..... 002075 SEASONING MIX,DRY,TACO,ORIGINAL..... 799902 CUMIN,GROUND.....	3 ozs 2 1/4 tsp 1 1/2 Tbsp 1 1/2 TBSP (ground) 1/4 cup + 1 5/8 tsp 1/3 cup + 2 1/8 tsp 1/4 cup + 1 5/8 tsp 1 1/2 Tbsp	4. Add salsa, chicken stock, and remainder of seasonings and simmer for an additional 20 minutes. Ensure that the internal temperature reaches 165° F.
902948 Italian Cheese Sauce Commodity Processed..... 902985 CHIPS, TORTILLA, OVEN BAKED, REGULAR, WH....	1 lb + 14 1/3 ozs 7 lbs + 9 ozs	5. To serve, drizzle 1 oz of cheese sauce on top of 1/2 cup of tortilla chips.

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

Calories	408 kcal	Cholesterol	52 mg	Sugars	*0.9* g	Calcium	119.91 mg	25.72%	Calories from Total Fat
Total Fat	11.66 g	Sodium	740 mg	Protein	19.99 g	Iron	1.71 mg	5.42%	Calories from Saturated Fat
Saturated Fat	2.46 g	Carbohydrates	56.28 g	Vitamin A	338.1 IU	Water ¹	*32.17* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	5.51 g	Vitamin C	3.4 mg	Ash ¹	*0.41* g	55.16%	Calories from Carbohydrates
								19.60%	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.