

Cooking for Kids

Recipe Sizing Report

000062 - Chicken Pad Thai :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 100 Size of Portion: 3/4 CUP	Meat/Alt: 2 oz Grains: 2 oz Fruit: Vegetable: Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
902995 SPAGHETTI, WHOLE GRAIN, DRY.....	13 lbs	1. Prepare noodles according to package instructions.
050385 OIL, VEGETABLE..... 004058 OIL, SESAME, SALAD OR COOKING.... 011215 GARLIC, RAW..... 011216 GINGER ROOT, RAW..... 011109 CABBAGE, RAW..... 011124 CARROTS, RAW..... 011333 PEPPERS, SWT, GRN, RAW..... 011821 PEPPERS, SWT, RED, RAW..... 011282 ONIONS, RAW.....	2 cups 1/2 cup 3/4 cup 3/4 cup 1 qt + 2 CUPS (shredded) 1 QT (grated) 2 CUPS (sliced) 2 CUPS (sliced) 2 CUPS (chopped)	2. In a large pan over high heat, add oil, minced garlic, and ginger. Saute for 30 seconds. Add cabbage, carrots, peppers, and onions and saute until vegetables are slightly tender.
051520 Chicken, Diced, Cooked, Frozen..... 000026R Asian Sauce.....	13 lbs 64 (1oz)	3. When mixture is half cooked, add noodles, chicken, and Asian Sa uce (sub-recipe). 4. Stir all ingredients together until noodles are fully coated. Hold hot for service.

*Nutrients are based upon 1 Portion Size (3/4 CUP)

Calories	341 kcal	Cholesterol	44 mg	Sugars	*1.0* g	Calcium	61.22 mg	22.51%	Calories from Total Fat
Total Fat	8.54 g	Sodium	248 mg	Protein	21.71 g	Iron	2.61 mg	2.54%	Calories from Saturated Fat
Saturated Fat	0.97 g	Carbohydrates	47.01 g	Vitamin A	813.5 IU	Water ¹	*17.66* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	6.33 g	Vitamin C	7.6 mg	Ash ¹	*0.13* g	55.08%	Calories from Carbohydrates
								25.44%	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.