

Cooking for Kids

Recipe Sizing Report

000467 - Chicken Pesto Sandwich CACFP :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 25 Size of Portion: 1 Each	Meat/Alt: 2 oz Grains: 2 oz Fruit: Vegetable: Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
002044 BASIL,FRESH..... 799939 GARLIC,RAW..... 001146 CHEESE,PARMESAN,SHREDDED..... 011457 SPINACH,RAW..... 799986 SALT, KOSHER..... 002030 PEPPER,BLACK.....	3 1/4 ozs 1 Tbsp + 1 3/4 tsp 1/2 cup + 1 1/2 Tbsp 1/2 cup + 1 1/2 Tbsp 2 3/8 tsp 1 1/8 TSP (ground)	1. Thoroughly wash basil before using. Place basil, garlic, cheese, spinach, salt, and pepper in Robot Coupe, or food processor. Pulse until combined. 2. Stream in oil until an emulsion is formed. Taste and adjust seasoning as needed. Store up to 3 days in cooler.
004053 OIL,OLIVE,SALAD OR COOKING.....	1 1/2 cups + 1 1/2 Tbsp	
902954 Chicken Breast, Breaded WG..... 051558 Cheese, Mozzarella, Lite, Shredded.....	25 Each 3/4 cup	3. Place chicken on sheet tray, or 9 x 13 inch tray, and bake in 350° F oven for 20 minutes or until internal temperature reaches 165° F. Place a slice of cheese on each breast and place back in the oven to finish melting the cheese (the chicken should not be in the oven for more than 20 minutes before service). 4. To serve, place 1 oz of pesto on each bun and top with chicken, lettuce, and tomato slice.
902962 Bread, Whole Grain Bun 2oz..... 011251 LETTUCE,COS OR ROMAINE,RAW..... 011529 TOMATOES,RED,RIPE,RAW, YEAR RND AVERAGE....	25 Each 25 leaf inner 5 CUP, chopped or sliced + 5/8 TBSP, chopped or sliced	

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

Calories	527 kcal	Cholesterol	28 mg	Sugars	*4.1* g	Calcium	*138.41* mg	53.51%	Calories from Total Fat
Total Fat	31.33 g	Sodium	736 mg	Protein	22.14 g	Iron	*3.64* mg	8.54%	Calories from Saturated Fat
Saturated Fat	5.00 g	Carbohydrates	43.17 g	Vitamin A	*1201.1* IU	Water ¹	*44.79* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	6.67 g	Vitamin C	*7.4* mg	Ash ¹	*0.42* g	32.76%	Calories from Carbohydrates
								16.81%	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.