

# Cooking for Kids

## Recipe Sizing Report

000072 - Chicken Pot Pie :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 50 Size of Portion: 3/4 CUP	Meat/Alt: 2 oz Grains: 2 oz Fruit: Vegetable: 0.5 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
001145 BUTTER,WITHOUT SALT..... 902688 FLOUR, ALL PURPOSE, ENRICHED, WHITE, BLE...	7 ozs 10 ozs	1. Melt butter then add flour and stir until smooth.
799989 BASE, CHICKEN, LOW SODIUM..... 001175 MILK,FLUID,1% FAT,WO/ ADDED VIT A & VIT..... 002034 POULTRY SEASONING..... 002030 PEPPER,BLACK..... 002026 ONION POWDER.....	1 Tbsp 1 qt + 2 3/4 cups 1/2 Tbsp 1/2 TBSP (ground) 1/4 cup	2. Add chicken stock, milk, poultry seasoning, pepper, and onion powder. Reduce heat to medium. Cook uncovered, stirring frequently until thickened, 12-15 minutes.
051520 Chicken, Diced, Cooked, Frozen..... 011322 PEAS&CARROTS,FRZ,UNPREP.....	6 lbs + 4 ozs 6 lbs	3. Add chicken, peas, and carrots. Cook over medium heat for 3-5 minutes or until internal temperature reaches 165° F.
902945 Biscuit, Whole Grain.....	50 Each	4. Lay out biscuits on sheet tray lined with parchment paper and bake at 350° F for 12 minutes, or per instructions on box.  5. Pour into 2 inch hotel pans and top with biscuits (25 per hotel pan). Portion with 6 oz. spoodle.

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

Calories	377 kcal	Cholesterol	52 mg	Sugars	*4.8* g	Calcium	140.96 mg	35.58%	Calories from Total Fat
Total Fat	14.90 g	Sodium	424 mg	Protein	20.72 g	Iron	2.36 mg	16.19%	Calories from Saturated Fat
Saturated Fat	6.78 g	Carbohydrates	39.62 g	Vitamin A	5286.3 IU	Water <sup>1</sup>	*76.22* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	4.12 g	Vitamin C	7.4 mg	Ash <sup>1</sup>	*0.62* g	42.05%	Calories from Carbohydrates
								21.99%	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.**