

Cooking for Kids

Recipe Sizing Report

000406 - Chicken Pot Pie CACFP :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 25 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 Tbsp 1 1/8 cups	1. Melt butter then add flour and stir until smooth.
799989 BASE, CHICKEN, LOW SODIUM..... 001175 MILK,FLUID,1% FAT,W/ ADDED VIT A & VIT..... 002034 POULTRY SEASONING..... 002030 PEPPER,BLACK..... 002026 ONION POWDER.....	1/2 Tbsp 3 1/3 cups + 1/2 Tbsp 3/4 tsp 3/4 TSP (ground) 2 Tbsp	
051520 Chicken, Diced, Cooked, Frozen..... 011322 PEAS&CARROTS,FRZ,UNPREP.....	3 lbs + 2 ozs 9 3/4 cups	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.....	25 Each	4. Lay out biscuits on sheet tray or 2-18 x 13 inch pans lined with parchment paper and bake at 350° F for 12 minutes, or per instructions on box. 5. Pour into tray or pans and top with biscuits. Portion in 3/4 cup servings.

*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 ¹	*76.22* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	4.12 g	Vitamin C	7.4 mg	Ash ¹	*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

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.