

Cooking for Kids

Recipe Sizing Report

000065 - Chicken Spaghetti :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #3 Complex Food Preparation Number of Portions: 50 Size of Portion: 1 CUP	Meat/Alt: 2 oz Grains: 2 oz Fruit: Vegetable: 0.25 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
902995 SPAGHETTI, WHOLE GRAIN, DRY..... 014429 BEVERAGES,H2O,TAP,MUNICIPAL.....	5 lbs 2 1/2 gals	1. Cook spaghetti in water, drain, and set aside.
004696 MARGARINE,REG,80% FAT,COMP,STK,WO/ SALT,..... 902688 FLOUR, ALL PURPOSE, ENRICHED, WHITE, BLE..... 799986 SALT, KOSHER..... 001175 MILK,FLUID,1% FAT,WO/ ADDED VIT A & VIT.....	1 oz 2/3 cup 2 tsp 1 qt + 1 1/4 cups	2. Mix together margarine, flour, salt, and milk. Stir over low heat until thickened.
006210 SOUP,CRM OF CELERY,CND,PREP W/ EQ VOLUME..... 006243 SOUP,CRM OF MUSHROOM,CND,PREP W/ EQ VOLU.... 011333 PEPPERS,SWT,GRN,RAW.....	1 1/2 can (10.75 oz)prep 1 qt + 3 cups 2/3 CUP (chopped)	3. Add soups and peppers and stir until incorporated.
051520 Chicken, Diced, Cooked, Frozen.....	7 lbs + 14 ozs	4. Chop chicken and add to soup mixture and stir. 5. Add drained spaghetti to soup/meat mixture. Heat until internal temperature reaches 165° F.
051558 Cheese, Mozzarella, Lite, Shredded..... 051551 Cheese, American Blended, Yellow, Skim/R.....	8 ozs 13 1/2 ozs	6. Mix completely and place in 2 inch hotel pans. Sprinkle cheeses over top. Place in oven on low heat only until cheese melts.

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

Calories	336 kcal	Cholesterol	64 mg	Sugars	*2.9* g	Calcium	*93.74* mg	20.52%	Calories from Total Fat
Total Fat	7.66 g	Sodium	435 mg	Protein	26.81 g	Iron	*2.28* mg	5.82%	Calories from Saturated Fat
Saturated Fat	2.17 g	Carbohydrates	40.62 g	Vitamin A	*108.7* IU	Water ¹	*260.24* g	*0.05%*	Calories from Trans Fat
Trans Fat ²	*0.02* g	Dietary Fiber	4.72 g	Vitamin C	*3.3* mg	Ash ¹	*1.11* g	48.35%	Calories from Carbohydrates
								31.91%	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.