

# Cooking for Kids

## Recipe Sizing Report

000159 - Chicken Taco :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #3 Complex Food Preparation Number of Portions: 50 Size of Portion: 1/2 CUP	Meat/Alt: 2 oz Grains: 2 oz Fruit: Vegetable: Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
011282 ONIONS,RAW..... 050385 OIL, VEGETABLE.....	3/4 cup + 3 TBSP (chopped) 1/2 tsp	1. Cook onions in oil over medium heat until they become translucent, about 2 minutes.
051520 Chicken, Diced, Cooked, Frozen..... 799939 GARLIC,RAW.....	6 lbs + 13 ozs 1/3 cup + 2 1/8 tsp	2. Add chicken and garlic. Cook for an additional 2 minutes.
051504 Tomatoes, Diced, No Salt Added, Canned... 051500 Tomato Paste, No Salt Added, Canned.....	1 lb + 3 3/4 ozs 3/4 oz	3. Mix diced tomatoes with tomato paste and add to chicken mixture Simmer for 15 minutes.
014429 BEVERAGES,H2O,TAP,MUNICIPAL..... 799989 BASE, CHICKEN, LOW SODIUM..... 051495 Salsa, Low-sodium, Canned..... 799986 SALT, KOSHER..... 002030 PEPPER,BLACK..... 002009 CHILI POWDER..... 799902 CUMIN,GROUND..... 002075 SEASONING MIX,DRY,TACO,ORIGINAL.....	1 qt + 2 cups 2 1/4 tsp 3 ozs 1 1/2 Tbsp 1 1/2 TBSP (ground) 1/4 cup + 1 5/8 tsp 1 1/2 TBSP 1/4 cup + 1 5/8 tsp	4. Add remainder of ingredients and simmer for an additional 20 minutes. Ensure that the internal temperature reaches 165° F.
799973 TORTILLA, WHOLE WHEAT 6".....	100 TORTILLA 6"	5. To serve, place 1/4 cup on each tortilla. Serve two per portion. Hold hot for service.

\*Nutrients are based upon 1 Portion Size (1/2 CUP)

Calories	271 kcal	Cholesterol	46 mg	Sugars	*0.7* g	Calcium	170.82 mg	21.30%	Calories from Total Fat
Total Fat	6.42 g	Sodium	732 mg	Protein	19.53 g	Iron	2.28 mg	6.77%	Calories from Saturated Fat
Saturated Fat	2.04 g	Carbohydrates	32.34 g	Vitamin A	317.9 IU	Water <sup>1</sup>	*32.17* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	4.67 g	Vitamin C	3.4 mg	Ash <sup>1</sup>	*0.41* g	47.67%	Calories from Carbohydrates
								28.79%	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.**