

Cooking for Kids

Recipe Sizing Report

000469 - Chicken Taco CACFP :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #3 Complex Food Preparation Number of Portions: 25 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.....	1/3 cup + 6 3/4 TSP (chopped) 1/4 tsp	1. Cook onions in oil over medium heat until they become translucent, about 2 minutes.
051520 Chicken, Diced, Cooked, Frozen..... 799939 GARLIC,RAW.....	3 lbs + 6 5/8 ozs 3 Tbsp + 1/8 tsp	
051504 Tomatoes, Diced, No Salt Added, Canned.... 051500 Tomato Paste, No Salt Added, Canned.....	1 cup + 2 1/2 Tbsp 2/3 Tbsp	2. Add chicken and garlic. Cook for an additional 2 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....	3 cups + 1/2 Tbsp 1 1/8 tsp 2 2/3 Tbsp 2 1/4 tsp 2 1/4 TSP (ground) 2 Tbsp + 3/4 tsp 2 1/4 TSP 2 Tbsp + 3/4 tsp	3. Mix diced tomatoes with tomato paste and add to chicken mixture. Simmer for 15 minutes.
799973 TORTILLA, WHOLE WHEAT 6".....	50 TORTILLA 6"	4. Add remainder of ingredients and simmer for an additional 20 minutes. Ensure that the internal temperature reaches 165° F.
		5. To serve, place 1/4 cup on each tortilla. Serve two per portion.

*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 ¹	*32.17* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	4.67 g	Vitamin C	3.4 mg	Ash ¹	*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

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.