

Cooking for Kids

Recipe Sizing Report

000138 - Chicken Tikka :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 100 Size of Portion: 1/2 CUP	Meat/Alt: 2 oz Grains: Fruit: Vegetable: 0.5 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
051520 Chicken, Diced, Cooked, Frozen..... 009161 LIME JUC,CND OR BTLD,UNSWTND..... 001117 YOGURT,PLN,LOFAT.....	16 lbs + 2 ozs 1 1/2 cups + 1 1/2 Tbsp 4 lbs + 1/2 oz	1. Mix together chicken, lime juice, and yogurt. Let marinate for at least one hour. 2. Spread chicken onto sheet tray and bake at 350° F for about 30 minutes.
011282 ONIONS,RAW..... 050385 OIL, VEGETABLE..... 799986 SALT, KOSHER..... 002030 PEPPER,BLACK..... 002025 NUTMEG,GROUND..... 002006 SPICES,CARDAMOM..... 011165 CORIANDER (CILANTRO) LEAVES,RAW.....	1 lb + 5 ozs 1 lb + 3 3/8 ozs 3 Tbsp + 5/8 tsp 1 Tbsp + 1/4 TSP (ground) 1 Tbsp + 1/4 tsp 3 Tbsp + 5/8 TSP (ground) 3 1/8 cups + 1 1/2 TBSP (CHOPPED)	3. Dice onion and sauté with oil in medium pot while chicken is cooking. Add in spices (except for curry powder and save 1/2 of the salt). Stir to combine and cook about 2 minutes.
051504 Tomatoes, Diced, No Salt Added, Canned..... 001175 MILK,FLUID,1% FAT,W0/ ADDED VIT A & VIT...	10 lbs 3 1/8 cups + 1 1/2 Tbsp	4. Add in drained tomatoes and milk. Bring mixture to a boil. Reduce heat to a simmer.
011135 CAULIFLOWER,RAW..... 002015 CURRY POWDER.....	9 lbs 1/2 cup + 5 tsp	5. In a large bowl, toss together cauliflower, remainder of salt, and curry powder. Spread onto sheet tray and roast in the oven at 375° F for 15 minutes. 6. Combine cauliflower and chicken mixture. Hold hot for service.

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

Calories	181 kcal	Cholesterol	56 mg	Sugars	*3.9* g	Calcium	67.13 mg	42.42%	Calories from Total Fat
Total Fat	8.53 g	Sodium	259 mg	Protein	18.09 g	Iron	1.12 mg	5.49%	Calories from Saturated Fat
Saturated Fat	1.10 g	Carbohydrates	7.00 g	Vitamin A	332.0 IU	Water ¹	*70.94* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	1.75 g	Vitamin C	27.1 mg	Ash ¹	*0.69* g	15.48%	Calories from Carbohydrates
								39.97%	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.