

Cooking for Kids

Recipe Sizing Report

000457 - Chx & Broccoli Stir Fry CACFP :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #3 Complex Food Preparation Number of Portions: 25 Size of Portion: 1 Cup	Meat/Alt: 0.5 oz Grains: Fruit: Vegetable: 0.75 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
011821 PEPPERS,SWT,RED,RAW.....	8 CUP, sliced	1. Sauté bell peppers and carrots. 2. Add the ASIAN SAUCE recipe (portion size: 1 cup) and mix.
011124 CARROTS,RAW.....	1 3/4 CUP, chopped	
051520 Chicken, Diced, Cooked, Frozen.....	7 1/2 lbs	3. Add cooked chicken to skillet and warm throughout.
051459 BROCCOLI, FROZEN, FLORETS....	10 cups	4. Add broccoli and sauté until tender.

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

Calories	204 kcal	Cholesterol	101 mg	Sugars	*1.6* g	Calcium	41.89 mg	21.97%	Calories from Total Fat
Total Fat	4.98 g	Sodium	159 mg	Protein	31.39 g	Iron	1.45 mg	0.15%	Calories from Saturated Fat
Saturated Fat	0.03 g	Carbohydrates	6.37 g	Vitamin A	3055.9 IU	Water ¹	*32.86* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	3.02 g	Vitamin C	67.3 mg	Ash ¹	*0.21* g	12.50%	Calories from Carbohydrates
								61.55%	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.